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ABSTRACT

This manual consists of area 1 test pool questions which are designed to assist instructors in selecting appropriate questions to help prepare practical nursing students for the Oklahoma state board exam. Multiple choice questions are utilized to facilitate testing of nursing 1 curriculum objectives. Each test contains questions covering each concept; however, a test does not necessarily measure each specific objective. The instructor is advised to use questions best related to his/her own presentation method. A table of contents corresponds to the major tabs and subtabs and indicates where questions relating to a certain subject are presented. An answer key is supplied at the end of each test. There are three major sections: (1) personal vocational relationships, (2) basic nursing principles and skills, and (3) life sciences and health. Fifty-one units are covered in the three sections. (For nursing test pool questions for area 2, see CE 017 453.) (CSS)

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[Nursing]

TEST POOL QUESTIONS

AREA I

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Developed by the Curriculum and Instructional Materials Center
For the Division of Health Occupations Education
Yvonne Bender, State Supervisor
OKLAHOMA STATE BOARD OF VOCATIONAL AND TECHNICAL EDUCATION
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PREFACE

The State Department of Vocational and Technical Education is a service organization to local programs. One aspect of the commitment we have made to be of service to local programs is the development of instructional materials for health occupational training. At the present time we have manuals available for Nursing I, II, and III for the practical nursing program. These manuals have been made available to all practical nursing programs. The feedback which we have received in the CIMC indicates that teachers are very appreciative and have implemented the manuals in their local programs.

Accountability is a prime concern to health occupations instructors because practical nursing students are required to take the state board examination for licensing. The purpose of these test pool questions is to allow instructors the opportunity to select appropriate questions that can be used in their programs to help prepare students for the state board exam.

We have made every effort to relate these questions to units of instruction that can be found in Nursing I of the practical nursing manuals.

Bob Patton, Coordinator
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Appreciation is extended to those individuals who contributed their time and talent to the development of Nursing I Test Pool Questions.

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Appreciation is extended to Nettie Watkins, practical nursing instructor at Western Oklahoma Area Vocational-Technical School, for serving as chairperson of the test committee. If it had not been for the personal commitment that Nettie made to this project, it would still be a dream instead of a reality.

Bob Patton, Coordinator
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Materials Center

USE OF THIS PUBLICATION

This manual has been prepared to facilitate testing of Nursing I curriculum objectives with multiple choice questions. Each test was prepared with several questions covering each concept; however, a test will not necessarily measure each specific objective. This will give a variety of questions for testing year after year, and the instructors can use the questions best related to their own method of presentation.

The table of contents that follows corresponds to the major tabs and subtabs and indicates where questions relating to a certain subject are presented. An answer key is supplied at the end of each test.

The test is not to be used in its entirety. Each instructor should choose questions best related to the objectives which they present and reproduce them for class use. There may be situations where the answer key does not correspond to your specific situation. Feel free to change the wording to apply to your method or area of instruction.

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1._____	21._____	41._____	61._____	81._____	101._____
2._____	22._____	42._____	62._____	82._____	102._____
3._____	23._____	43._____	63._____	83._____	103._____
4._____	24._____	44._____	64._____	84._____	104._____
5._____	25._____	45._____	65._____	85._____	105._____
6._____	26._____	46._____	66._____	86._____	106._____
7._____	27._____	47._____	67._____	87._____	107._____
8._____	28._____	48._____	68._____	88._____	108._____
9._____	29._____	49._____	69._____	89._____	109._____
10._____	30._____	50._____	70._____	90._____	110._____
11._____	31._____	51._____	71._____	91._____	111._____
12._____	32._____	52._____	72._____	92._____	112._____
13._____	33._____	53._____	73._____	93._____	113._____
14._____	34._____	54._____	74._____	94._____	114._____
15._____	35._____	55._____	75._____	95._____	115._____
16._____	36._____	56._____	76._____	96._____	116._____
17._____	37._____	57._____	77._____	97._____	117._____
18._____	38._____	58._____	78._____	98._____	118._____
19._____	39._____	59._____	79._____	99._____	119._____
20._____	40._____	60._____	80._____	100._____	120._____

121._____	141._____	161._____	181._____	201._____	221._____
122._____	142._____	162._____	182._____	202._____	222._____
123._____	143._____	163._____	183._____	203._____	223._____
124._____	144._____	164._____	184._____	204._____	224._____
125._____	145._____	165._____	185._____	205._____	225._____
126._____	146._____	166._____	186._____	206._____	226._____
127._____	147._____	167._____	187._____	207._____	227._____
128._____	148._____	168._____	188._____	208._____	228._____
129._____	149._____	169._____	189._____	209._____	229._____
130._____	150._____	170._____	190._____	210._____	230._____
131._____	151._____	171._____	191._____	211._____	231._____
132._____	152._____	172._____	192._____	212._____	232._____
133._____	153._____	173._____	193._____	213._____	233._____
134._____	154._____	174._____	194 _____	214._____	234._____
135._____	155._____	175._____	1 _____	215._____	235._____
136._____	156._____	176._____	196._____	216._____	236._____
137._____	157._____	177._____	197._____	217._____	237._____
138._____	158._____	178._____	198._____	218._____	238._____
139._____	159._____	179._____	199._____	219._____	239._____
140._____	160._____	180._____	200._____	220._____	240._____

[redacted]

PERSONAL VOCATIONAL RELATIONSHIPS

PERSONAL VOCATIONAL RELATIONSHIPS
UNIT II

1. The first practical nursing school in the United States was:

   A. Blackwell
   B. Henry Street
   C. Ballard
   D. Torrop

2. Church hospitals were founded during:

   A. the Early Christian Era
   B. the Dark Ages
   C. the Medieval Period
   D. the Renaissance

3. The "Father of Modern Asentic Surgery" was:

   A. Dunant
   B. Blackwell
   C. Fliedner
   D. Lister

4. The National Federation of Licensed Practical Nurses was founded by:

   A. Lillian Wald
   B. Hilda Torrop
   C. Mildred Montag
   D. Lillian Kuster

5. Practical nursing began:

   A. in the 18th Century
   B. after World War I
   C. with the first family
   D. during World War II

6. Health may be defined as:

   A. absence of disease
   B. not being ill very often
   C. a sense of well-being
   D. immunity to disease

7. "The total of the behavior patterns by which you are known or recognized as a particular person" is a definition of:

   A. personality
   B. attitude
   C. behavior
   D. charm and poise

8. The type of friendship that the nurse should develop with a patient should be one that is:

A. kind but distant
B. possessive, so the patient feels secure
C. professional but possessive
D. warm and sincere but professional

9. Mary J. invited a friend, Susan, to meet her for lunch and shopping at 12 noon on Wednesday, July 16th. Susan arrived a few minutes early, waited until 12:30 for Mary J., and then called her at home. Mary J. said she was very sorry but was quite sure the date was for the next day. It might be said that the confusion, and perhaps some tensions, developed because:

A. Susan was sure that Wednesday was the right day
B. Mary J. was thinking of one day and mentioned another day
C. There was poor communication between them
D. Mary and Susan usually disagreed

10. The student who has read the assigned material before class has the advantage of:

A. reading from notes if called on in class
B. being prepared to answer all questions
C. knowing what information needs to be explained
D. feeling well prepared

11. Frequent use of library facilities can:

A. sharpen your mind and enrich your knowledge
B. keep you informed as to the number of books the library contains
C. make you depend upon books for all information
D. increase your grades according to the number of hours you spend there

12. Dress uniforms should be reasonable in length to assure:

A. the school authorities that they meet school regulations
B. the patient that you are properly dressed
C. the nursing assistants that you are following regulations
D. modesty in reaching, bending, and stooping

13. The term <u>good posture</u> means:

A. keeping the body straight and the muscles tensed
B. straightening the spine so that there are no curves in the spinal column
C. standing straight with the shoulders back and the head held high
D. positioning the body so that the trunk and extremities are balanced and properly arranged

14. The nurse will not be influenced by personal feelings of dislike for a demanding, irritable patient if the nurse recognizes that:

A. it is best to continue nursing care and ignore the patient
B. such behavior is a symptom
C. the patient is looking for the same type of behavior from the nurse
D. the nurse can ask to care for a different patient tomorrow

15. The ability to work well with patients of all ages and personality types requires a deep appreciation of the importance of:

A. respecting individual differences
B. doing only the jobs you enjoy
C. getting complete information about the patient
D. teaching the patient skills she/he did not have before hospitalization

16. The practical nurse who has developed attitudes necessary to good nursing care will be constantly reminded that the most important assignment is:

A. acceptance of professional nurse supervision
B. care of the patient
C. to remain cheerful
D. acceptance of any assignment

17. The reason that a nurse should have neat, shapely fingernails is that:

A. most patients do not like nurses with polished fingernails
B. they require no care and are usually smoother
C. long, painted nails may harbor germs and harm the patient
D. long, painted nails interfere with bedmaking and easily break off

18. The LPN in a soiled, wrinkled uniform impresses others with:th:

A. industry
B. a willingness to help
C. responsibility
D. carelessness

19. A characteristic of a mature person that will help the practical nurse to work in harmony with the professional nurse is the ability to:

A. adjust to the patient
B. find an easy way to do the job
C. do only as told
D. accept constructive criticism

20. A practical nurse may also be referred to in some states as:

A. an industrial nurse
B. an obstetrical nurse
C. a vocational nurse
D. a surgical nurse

21. A practical nurse functions under the direction of:

A. a hospital administrator or personnel director
B. an osteopath or technician
C. a physician, dentist, or registered nurse
D. a practical nurse or equivalent

22. The basic nursing responsibility of any nurse is to:

A. earn a living
B. diagnose and treat illness
C. function with dignity
D. promote health and conserve life

23. In the intensive care unit, the student practical nurse will find:

A. limited supervision of patients by the registered nurse
B. critically or seriously ill patients
C. convalescent surgical patients
D. terminally ill patients

24. Functional nursing means:

A. each nursing employee gives all the care to a patient
B. each nursing employee performs a specific task for all patients in the ward
C. a team cares for the patient
D. the patient does self-care

25. The education of a practical nurse is different from nursing assistant training because the emphasis is on:

A. understanding the patient
B. more complicated nursing procedures
C. the "why" as well as the "how" in patient care
D. the cause and the treatment of many common diseases

26. A basic goal in practical nurse education is to teach the student to be:

A. an expert nurse
B. a safe practitioner of nursing
C. patient and tolerant of all behavior
D. skilled in rehabilitation techniques

27. Functions of the practical nurse include rendering care in:

A. simple patient situations and assisting in complex patient situations
B. complex patient situations and assisting in simple patient situations
C. nursing homes without supervision or direction
D. hospitals as team leaders or charge nurses

28. General hospitals:

A. care for all kinds of patients
B. treat specific diseases or classifications of patients
C. include 20% of all hospitals
D. are found only in small communities

29. The name of the man who is called the "Father of Medicine" is:

A. Socrates
B. Hippocrates
C. Plato
D. Aristotle

30. The first practical nurse school in America, founded in 1893, was known as:

A. Ballard School
B. Nightingale School
C. Dallard School
D. Kaiserswerth Deaconess Institution

31. Florence Nightingale initiated the new field of nursing as a:

A. profession
B. social service
C. religious institution
D. scientific institution

32. Clara Barton was the first president of the:

A. Peace Corps
B. Red Cross
C. Army Corps
D. Cadet Nurse Corps

33. The founder of modern nursing was:

A. Clara Barton
B. Florence Nightingale
C. Jane Delano
D. M. Adelaide Nutting

34. The first trained nurse in America was:

A. Dorothea Dix
B. Annie W. Goodrich
C. Linda Richards
D. Clara Barton

35. Rationalization is dangerous when used to an extreme because:

A. it leads to childish and immature behavior in times of stress
B. it is a form of lying in which the individual justifies the behavior with falsehoods or half-truths and does not face conflicts honestly
C. the person who rationalizes is copying the behavior of others rather than developing her/his own personality
D. rationalization leads to suppression of feelings that should be brought to the surface

36. When a patient confides in you and wishes to discuss a personal problem with you, it is best to:

A. change the subject and tell the patient that you would rather not listen to personal problems
B. discuss the patient's problem with your co-workers and enlist their aid in finding a solution to the patient's problem
C. listen to the patient but respect his/her confidence in you
D. tell the patient's family about the problem even though the patient may have asked you not to tell them

37. If you feel the pain the patient is suffering so strongly that you cannot make the patient take deep breaths and cough as ordered, you are being influenced by:

A. empathy
B. sympathy
C. transference
D. identification

38. The behavior pattern by which one avoids accepting full responsibility for actions and shortcomings by blaming someone or something else is called:

A. projection
B. rationalization
C. identification
D. compensation

39. The unsuccessful personality in nursing belongs to the one who:

A. is temperamental
B. is bashful
C. becomes easily upset by unpleasant sights and smells
D. does not like people

40. If you find it possible to understand the pain that makes the patient refuse to try to cough, yet you continue to insist that the patient try, this is an example of:

A. empathy
B. sympathy
C. transference
D. identification

41. The quickest and easiest way to gain the respect of others is to:

A. demonstrate how much you know
B. make corrections as you see errors being made
C. show respect to others first
D. belittle a person in the presence of others

42. An objective attitude toward the behavior of the patient will allow the nurse to analyze the behavior:

A. by asking the patient the reason
B. by making accurate reports to the head nurse and doctor
C. by identifying the mental mechanisms in use
D. by not allowing emotions to influence judgment

43. The nurse who becomes angry with the supervisor and "takes it out" on the nursing assistant with whom the nurse works is using which of the following defense mechanisms?

A. Rationalization
B. Displacement
C. Regression
D. Compensation

44. Membership of the National Federation of Licensed Practical Nurses includes:

A. practical nurses
B. registered nurses
C. hospital administrators
D. physicians

45. Governmental health agencies are supported by:

A. contributions and private funds
B. money obtained through taxes
C. fees paid by the persons receiving help from these agencies
D. the community chest

46. Which of the following statements most accurately describes the role of the family in modern society?

A. The family is no longer responsible for the health and welfare of its members
B. The physical, mental, and social well-being of the family as group is of great importance to the community and the nation
C. Increased facilities and services provided by the government have eliminated the need for the family to concern itself with the health and well-being of its individual members
D. Family life has little effect on the development of the individual or the welfare of the community

47. Many aspects of family life have been changed because of a population shift from rural living to urban living. This means that families have:

A. moved from the cities to large subdivisions in the country
B. become less dependent on their communities for help in matters of health and welfare
C. moved from farming communities into cities
D. accepted more responsibility for the welfare of the members of their families and communities

48. When we speak of a community, we mean:

A. the outstanding citizens of a town
B. a very small group of people living together
C. a group of families and individuals who live in the same area under the same laws and rules
D. a group of people who have the same cultural background

49. Ethics are:

A. a state of mental health
B. a person's temperament
C. a well-adjusted personality
D. a set of principles or values

50. Code of ethics means:

A. rules of behavior in social situations
B. the legal rules governing behavior
C. rules of conduct which reflect the ideals of a certain group
D. secret rules of behavior known only to the members of a peer group

51. Shop talk:

A. is always harmful
B. may be indulged in with persons whom you know
C. is always unethical
D. is not harmful in itself

52. It is proper for a practical nurse to advise a patient:

A. on the selection of a physician
B. to request a consulting physician
C. on general personal hygiene practices
D. on whether or not to have surgery

53. It is not only courteous but also timesaving for the nurse to answer the telephone:

A. at the first ring
B. and identify the service, the person answering, and his/her title
C. and write out the message given, repeating it to the caller
D. and explain that you are new on the service and cannot give out information

54. It is not a breach of ethics for a practical nurse to discuss a patient's condition or problems with:

A. her/his family
B. the patient's friends and acquaintances
C. the nursing supervisor
D. any person who works in the hospital

55. Whenever you wear your nurse's uniform, you must be especially careful of your conduct because:

A. you are representing all nurses when you are in uniform
B. someone may report you to your employer
C. actions speak louder than words
D. if you get caught misbehaving, you may lose your license

56. At 8:00 a.m., you discovered a sharp rise in Mrs. Thornton's temperature. You properly:

A. waited until the physician visited to report it
B. reported it to the supervising nurse when your work shift ended
C. completed Mrs. Thornton's a.m. care, then reported it to the supervising nurse
D. interrupted Mrs. Thornton's a.m. care to report it to the supervising nurse

57. An important quality that all practical nurses should have is the:

A. knowledge of their limitations
B. pride to prevent them from asking questions
C. ability to carry out procedures that they have learned even if the procedures are against hospital regulations
D. ability to report directly to the doctor in the hospital

58. A code of behavior is called:

A. hospital regulations
B. personnel policies
C. ethics
D. etiquette

59. When asked to perform a duty that is not within your realm, you would:

A. do it in order to stay on the good side of the nurse
B. say you will and then find someone else to do it
C. do it because you have seen it done many times
D. explain why you cannot do it

60. Any professional misconduct, unreasonable lack of skill, or illegal or immoral conduct is known as:

A. deposition
B. emancipation
C. litigation
D. negligence

61. In the care of a patient, the absolute source of authority is:

A. the hospital
B. the registered nurse
C. the physician
D. the lawyer

62. There is one exception to which the rule of "give no information" in disasters does not apply. This exception is the:

A. N. A. P. N. E. S., Inc.
B. American Society of News Media
C. American Red Cross Association
D. National Federation of Press

63. <u>All</u> of the following can give legal consent for treatment EXCEPT:

A. a 14-year-old married female
B. a 17-year-old who is self-supporting
C. an 18-year-old male or female
D. a 17-year-old married male

64. Proprietory hospitals are:

A. privately owned and operated for a profit
B. limited to veterans
C. non-profit
D. supported by taxes

65. A tort may best be defined as:

A. a wrong committed against an individual
B. a crime committed against society
C. an unethical action that does not involve any transgression of the law
D. an act contrary to the mores of a group

66. If a nurse divulges personal information obtained while caring for a patient, the nurse may be sued for:

A. negligence
B. assault and battery
C. malpractice
D. invasion of privacy

67. Slander is best defined as:

A. a written defamation of another's character
B. gossip or rumor mongering
C. statements that will leave another person open to contempt and ridicule
D. telling lies about another person

68. There are several different types of licensure for practical nurses. The type of licensure a practical nurse may obtain depends on the:

A. federal law governing licensure of all nurses
B. state law governing licensure of practical nurses
C. decision of the state board
D. amount of nursing experience

69. If, in an emergency, the practical nurse is asked by a physician to administer a medication intravenously, it would be best for the nurse to:

A. give the medication but record it as given by the doctor
B. prepare the medication under the supervision of the physician but ask the physician to administer it
C. refuse to assist with this particular patient
D. insert the needle into the vein but ask the physician to give the medication

70. For a will to be valid, it must be made:

A. in the presence of at least 3 witnesses
B. by a person of sound mind
C. in the presence of a lawyer
D. with the assistance of a nurse if the patient is under sedation

71. If a patient asks a nurse to witness a will, the nurse should:

A. do so only if no one else is available
B. refuse to do so because the nurse cannot be a legal witness
C. inform the patient that a lawyer must help with the will
D. call a member of the family to witness the will

72. Mandatory licensure laws are laws that:

A. permit the licensing of all persons working in a hospital
B. allow only graduates of approved schools to obtain a license in practical nursing
C. require all nurses to have current licenses in the state in order to practice
D. demand payment of required fees before a license can be issued

73. If a nurse plans to move from one state to another and wishes to obtain a license to practice in the new location, the nurse can obtain a license:

A. by passing the state's examination for nurses
B. by filling out an application and paying the required fee
C. automatically, simply by writing for it
D. only by meeting the individual requirements of the state board of nursing issuing the license

74. Malicious statements expressed orally are called:

A. slander
B. libel
C. gossip
D. hearsay

75. If a licensed practical nurse performs duties so that people or property are injured, the nurse is described as being:

A. emotionally incapable
B. negligent
C. malicious
D. illegal

76. The most important reason for licensing the practical nurse is to:

A. safeguard the public
B. ensure higher wages
C. protect the physician
D. enable employing agencies to obtain qualified personnel

77. Confidential information is called:

A. privileged communication
B. justifiable homicide
C. negligence
D. a legal involvement

78. There are many occasions when the nurse is in a position to know facts which the news reporters would like to know. The best approach is:

A. give all the information to the news reporters since their information is sketchy and incomplete
B. avoid the temptation to talk
C. refer them to a designated person
D. tell them that you really do not know the facts

79. When a nurse practice act is <u>permissive</u>, the law is designated to protect the:

A. patient
B. employer
C. nurse
D. nurse's title

80. The patient's chart, which provides a written account of a patient from admission to discharge,:

A. may be shown upon request
B. is discarded after discharge
C. is given to the patient upon discharge
D. is a legal document

81. Licensing of practical nurses:

A. is regulated by individual state nurse practice acts
B. is not required by any state
C. does not meet with general approval
D. is regulated by federal government

82. When a license to practice as a practical nurse is issued by waiver,:

A. the nurse has graduated from an approved school of practical nursing
B. any person making application to the state may obtain a license
C. the applicant is issued a license on the basis of practical nursing experience
D. a nurse who has a license in one state may transfer the license to another state without permission from the state board of nursing

83. The education of a graduate practical nurse makes the nurse legally responsible for his/her own actions. No such nurse can really afford to be without adequate:

A. liability insurance
B. supervision
C. witnesses
D. malpractice insurance

84. In a legal suit against the hospital and its nursing personnel, the degree of responsibility placed on the actions of each person will be based on the:

A. amount of insurance each person carries
B. duties assigned to each group of employees
C. level of education and training each has had
D. amount of authority each person has

85. With reference to licensure, endorsement means:

A. intercountry licensure
B. ability to transfer from one hospital to another in one state
C. interstate licensure
D. you may lend your license to someone else to use

86. The state board of nursing has the power to suspend or revoke a license that has been issued:

A. if you desire to become inactive
B. if you desire to transfer to another state
C. if you become sick or crippled
D. for any willful violation of the nurse practice law

87. The misuse of restraints or the detention of a patient may be termed:

A. false imprisonment
B. justifiable detention
C. unordered restraints
D. true imprisonment

88. The practical nurse mistakenly irrigated the Levin tube with a solution which caused serious injury to the patient. She might legally be charged with:

A. libel
B. battery
C. negligence
D. invasion of privacy

89. Members of Jehovah's Witnesses may not receive:

A. medications
B. any type of treatment
C. intravenous fluids
D. blood or blood derivatives

90. When baptizing a person, it is important to remember that:

A. the pouring of the water must follow immediately after the words are pronounced
B. the pouring of the water must precede the pronouncement of the words
C. olive oil may be used in place of the water
D. the words and the pouring of the water must be simultaneously done

91. When a religious representative is called to visit a patient, you should:

A. extend every courtesy possible
B. question her/him in detail about the patient
C. accompany her/him and remain during the visit
D. caution her/him not to upset the patient

92. Because the Catholic patient believes that baptism is absolutely necessary for salvation, emergency baptism may be performed by:

A. anyone if a priest is not available
B. the priest alone
C. the sister if a priest is not available
D. the doctor only if he/she is a Catholic

93. It is important for you as a practical nurse to know the religion of your patient in order to:

A. give efficient care
B. meet the patient's total needs
C. chart it on the record
D. meet patient's physical needs

94. Bob Thomas is a 19-year-old who is emotionally disturbed. His chief difficulty in getting along with others is his superior attitude and bossy manner. Actually, Bob feels very inferior to other people and his behavior is an example of extreme:

A. compensation
B. rationalization
C. regression
D. identification

95. Mrs. Lackey insists that she is Queen Victoria and frequently refers to the nursing assistants as her ladies-in-waiting. Mrs. Lackey's behavior is an example of carrying to an extreme the defense mechanism of:

A. rationalization
B. regression
C. identification
D. compensation

96. When unwanted, inappropriate, or unacceptable thoughts, memories, or impulses are deliberately excluded from consciousness, the person is using the defense mechanism of:

A. projection
B. suppression
C. regression
D. repression

97. Achieving gratification of a drive or impulse in an indirect way by channeling the energy of the drive into an acceptable, adaptive, or constructive pursuit is called:

A. reaction formation
B. regression
C. conversion
D. sublimation

98. A shy young man takes a public speaking course which emphasizes making friends and influencing people. He is attempting to make up for his shyness by becoming proficient in speaking to a group. The mechanism by which a person makes up for a handicap or limitation can be called:

A. identification
B. compensation
C. symbolization
D. dissociation

99. After the birth of a new baby in the family, a three-year-old boy who has been feeding himself and drinking from a glass insists on his mother feeding him and wants his milk in a bottle. The three-year-old has returned to an earlier developmental level; therefore, the mechanism would be called:

A. fantasy
B. denial
C. isolation
D. regression

100. The refusal to acknowledge the existence of a threatening situation is:

A. displacement
B. provocation
C. denial
D. sublimation

101. The female child who develops a stomachache when she has not done her homework and is afraid to go to school illustrates:

A. dependency
B. conversion
C. repression
D. denial

102. Which of the following is a false statement concerning humor?

A. A mental quality that tends to cause laughter
B. A safety valve for emotions
C. Shows insight into our own inadequacies
D. Synonymous with the tendency to laugh at someone

103. The opposite of reality is:

A. euphoria
B. fantasy
C. depression
D. autistic thinking

104. Avoiding unpleasant past experiences by completely forgetting about them and trying to pretend that they never happened is an example of:

A. regression
B. rationalization
C. repression
D. projection

PERSONAL VOCATIONAL RELATIONSHIPS
ANSWER SHEET

1. C	21. C	41. C	61. C	81. A	101. B
2. B	22. D	42. D	62. C	82. C	102. D
3. D	23. B	43. B	63. B	83. A	103. B
4. D	24. B	44. A	64. A	84. C	104. C
5. C	25. C	45. B	65. A	85. C	
6. A	26. B	46. B	66. D	86. D	
7. A	27. A	47. C	67. C	87. A	
8. D	28. A	48. C	68. B	88. C	
9. C	29. B	49. D	69. B	89. D	
10. C	30. A	50. C	70. B	90. D	
11. A	31. A	51. C	71. A	91. A	
12. D	32. B	52. C	72. C	92. A	
13. D	33. B	53. B	73. D	93. B	
14. B	34. C	54. C	74. A	94. A	
15. A	35. B	55. A	75. B	95. C	
16. B	36. C	56. D	76. A	96. B	
17. C	37. B	57. A	77. A	97. D	
18. D	38. A	58. C	78. C	98. B	
19. D	39. D	59. D	79. D	99. D	
20. C	40. A	60. D	80. D	100. C	

[redacted]

BASIC NURSING PRINCIPLES

[redacted]

INTRODUCTION TO BASIC
NURSING BODY MECHANICS

INTRODUCTION TO BASIC NURSING
AND
BODY MECHANICS
UNITS I AND II

1. X-rays indicate a broken hip. Surgery will be necessary and a cast will be applied. The doctor explains the need for the surgery and tries to prepare Mrs. X for the discomforts to come. Surgery is scheduled for 9:00 a.m. the next day. The doctor writes the pre-operative orders. As Miss Smith makes her last rounds at 10:45 p.m., she finds Mrs. X still awake. She discovers the patient is worried about going to surgery without seeing her daughters first. She pleads for special relaxation of visiting hours, just this once. Miss Smith might rightly conclude that Mrs. X is:

   A. worrying about her daughters' welfare
   B. planning to die
   C. afraid of the outcome of surgery
   D. trying to avoid the surgery

2. The nurse finds a patient's bedside drawer contains numerous medications brought to the hospital by a relative. Which notation on the nurses' record would be appropriate for the nurse to make?

   A. Medications from home left in bedside stand
   B. Medications from home sealed in package in suitcase
   C. Explained that these medications would be administered by the nurse as directed on the bottle
   D. Notified patient of hospital policy; placed in medications cabinet

3. The patient's speech is unclear and difficult to understand. While feeding the patient, what action should you take?

   A. Don't speak so that the patient won't feel embarrassed knowing he/she has to reply
   B. Carry on a one-sided conversation so that mealtime isn't silent
   C. Take as much time as necessary and encourage the patient to speak in complete sentences and repeat until you understand him/her
   D. Only make brief comments that require yes or no answers so that the patient's energy can be devoted to eating

4. Good posture has been called the key to comfort, health, and appearance. The term <u>posture</u> means:

   A. the manner in which one holds different parts of the body in relation to each other
   B. a pose or unnatural stance
   C. the complete relaxation of all parts of the body
   D. the complete rigidity of all muscles of the body

5. When one is in a good sitting position, the feet should be:

A. resting on the chair rung
B. kept at least 12 inches apart
C. resting on the floor
D. dangling so that only the toes touch the floor

6. To assure a good posture while sitting, one should:

A. sit so that most of the weight is borne by one hip and then shifted to the other hip
B. sit squarely on the buttocks and thighs
C. flex knees at such an angle that the weight is borne by the buttocks only
D. sit so that most of the body weight is resting on the sacrum

7. Nursing is:

A. meeting all the daily needs of the patient
B. a service to the individual which helps him/her regain or keep a normal state of body and mind
C. caring for ill persons in the hospital only
D. helping the physician

8. Mr. Jones is admitted to the hospital for the first time in his life. He is convinced that he has cancer and will not live much longer. This patient is very gruff and unpleasant during the admission procedure. Mr. Jones can probably be helped most if the nurse:

A. displays a sense of humor and encourages Mr. Jones to laugh his worries away
B. ignores his bad humor and leaves his room as quickly as possible after admitting him
C. is frank and tells him that things could be worse and that there is no excuse for his bad manners
D. realizes that fear is probably causing Mr. Jones to act this way and that he needs assurance that she is interested in him

9. Rules to remember for reaching overhead are:

A. hyperextend your back and reach no higher than shoulder level, straight in front of you
B. reach overhead by hyperextending your back and looking overhead
C. reach no higher than shoulder level to prevent hyperextension of your back and keep work directly in front of you
D. avoid hyperextending your back, but reach overhead while looking straight forward

10. The center of gravity in the body is a point:

A. around which the body weight or mass is centered
B. located and stabilized in the abdominal region
C. that must lie outside the base of support
D. within the lumbar area

11. To insure good stability of the base of support of the body, the feet should be positioned:

A. parallel and very close together
B. about 8 inches apart with one foot a little ahead of the other
C. about 8 inches apart with toes pointed laterally
D. about 12 inches apart with toes pointed laterally

12. The patient may ask questions about equipment, tests, or procedures which the SPN may not be able to answer. When this happens, the SPN:

A. tells the patient that she/he will have to ask the doctor
B. simply says that she/he does not know
C. tells the patient that she/he needs to ask the RN
D. finds out the answers to the patient's questions and in turn informs the patient

13. The hospital policy is to change bedspreads on Thursday. On Wednesday evening, the patient spills food on the spread. The best thing for you to do is:

A. fold the soiled spot under so that it does not show
B. report this to the head nurse
C. hope no one will notice
D. change the spread

14. A good plan of care for a patient:

A. allows the patient to do as he/she wishes
B. gives the patient constant attention
C. is flexible and allows for a patient's changing needs
D. allows visitors during visiting hours

15. When a doctor orders passive exercises for a patient, this means that:

A. the patient may do them whenever he/she wishes
B. the lower extremities are exercised
C. the patient must do weight-lifting exercises
D. the nurse exercises the muscles of the patient by moving the extremities in a prescribed manner

16. When planning the nursing care for a patient, the nurse should bear in mind that:

A. all patients require constant attention
B. the needs of the patient depend on the diagnosis more than the patient's ability to help himself/herself
C. each patient is an individual with his/her own unique problems
D. most patients are in the hospital because they are totally helpless and unable to care for themselves

17. The ultimate goal of nursing care is:

A. complete recovery for every patient
B. proper diagnosis and successful treatment of the illness
C. to do everything for the patient as long as the patient is entrusted to the nurse's care
D. restoration of the patient to as near his/her former state of health as possible

18. One of the outstanding characteristics of a good nursing care plan is:

A. flexibility to meet the changing needs of the patient
B. adherence to hospital policies and rules
C. consideration of the personnel available
D. adequate organization of the work so it can be done quickly

19. When carrying out a nursing procedure, the FIRST thing the practical nurse should do is:

A. report to the nurse in charge the effects of procedure on patient
B. assemble the equipment and position the patient
C. review the procedure to know exactly how it is to be done
D. explain the procedure so the patient will know the purpose and expected results of the procedure

20. The nurse can best avoid backstrain while lifting and moving patients in bed by:

A. keeping the back straight and knees flexed
B. bending the back and straightening the arms and legs
C. leaning forward so the back is bent slightly and shoulders are rounded for protection
D. relaxing abdominal muscles and tightening leg and arm muscles

21. It is easier to maintain one's balance while lifting and moving a patient if:

A. the feet are kept close together and in line with each other
B. the ankles are slightly flexed and the knees are held rigid
C. the knees are flexed and the feet are held together
D. the feet are far enough apart to provide a wide base and one foot is placed forward

22. If you wished to turn a partially paralyzed patient onto the patient's right side, you should FIRST:

A. stand on the right side of the bed and move the patient toward you
B. stand on the left side of the bed and move the patient toward you
C. stand on the right side of the bed and move the patient away from you
D. stand on the left side of the bed and move the patient to the right side of the bed

23. It is easier to turn a patient on the side if:

A. the patient's uppermost knee is kept straight
B. both of the patient's knees are flexed
C. the knee of the leg on which the patient will be lying is flexed
D. the knee of the uppermost leg is flexed

24. To avoid a serious accident when helping a patient into a wheelchair, the nurse must be sure that:

A. the back of the chair is cushioned with a pillow
B. a footstool is used
C. the wheels are locked and the footrests are folded up out of the way
D. there are at least two other persons to help

25. After helping a patient to a sitting position on the side of the bed, the nurse can best help the patient into a standing position by:

A. firmly grasping one arm and lifting the patient off the bed
B. asking the patient to place his/her hands on the nurse's shoulders while supporting the patient with one hand on either side of the chest
C. standing on the footstool and gently easing the patient off the bed
D. holding the patient's wrists and pulling the patient off the side of the bed

INTRODUCTION TO BASIC NURSING AND BODY MECHANICS
ANSWER SHEET

1. C
2. D
3. D
4. A
5. C
6. B
7. B
8. D
9. C
10. A
11. B
12. D
13. D
14. C
15. D
16. C
17. D
18. A
19. C
20. C
21. D
22. B
23. D
24. C
25. B

THE PATIENTS ENVIRONMENT

THE PATIENT'S ENVIRONMENT
AND
MEDICAL ASEPSIS
UNITS III AND IV

1. Mr. James is an eighty-one year old patient who was admitted for surgical excision of the prostate gland. He is two days post-op. The doctor has ordered him out of bed, but so far he has refused to comply. You are on duty 11-7 with an RN. At three a.m. you hear a crash from Mr. James's room. When you enter the room, you find Mr. James has fallen over the bed rails. Your first reaction should be:

   A. put the patient back to bed
   B. put the patient back to bed with assistance from an orderly
   C. notify the RN
   D. stay with the patient and ring emergency bell

2. Failure to use screens, curtains, and proper draping while performing a nursing procedure is considered to be:

   A. an invasion of the patient's privacy
   B. excusable if the nurse is in a hurry
   C. unimportant as long as the patient does not complain
   D. alright if the patient is too warm

3. If a puddle of water is noticed in the hospital hall, the nurse should:

   A. avoid stepping in it until someone cleans it up
   B. call the housekeeping department and ask that someone mop up the water
   C. mop up the water immediately to prevent an accident
   D. realize that keeping the hospital clean and safe is not a nursing responsibility

4. To remove dust from furniture in a patient's unit, it is best to use:

   A. an oily cloth
   B. a dry cloth
   C. a feather duster
   D. a damp cloth

5. The term humidity refers to:

   A. the amount of fresh air in the room
   B. the amount of moisture in the air in relation to temperature
   C. air circulation
   D. the amount of rain in the last 24 hours

6. Handwashing is a must because:

A. nurses should be clean
B. most contacts between patient and nurse are with the hands and washing helps control the spread of microorganisms
C. surgical asepsis should be practiced in all nurse-patient contacts
D. nurses have dirty hands

7. Loud talking and laughing in the hall, slamming doors, or dropping equipment must be avoided because:

A. noise produces stimulation and fatigue
B. they are usually against hospital rules
C. they may produce a gradual loss of hearing
D. they may indicate a lack of interest in the patient and the patient's welfare

8. You have been taught that nurses must avoid strong colognes while in uniform because:

A. they are usually too expensive to buy
B. one should never wear cologne to work
C. the patients may not agree with the nurse's taste in cologne
D. most persons who are ill are very sensitive to odors and may be offended by strong perfumes

9. When the temperature and relative humidity are both high, we become uncomfortable because:

A. there is very little evaporation of perspiration
B. we tend to perspire freely
C. we become chilled easily
D. there is an irritation of the respiratory tract

10. Which of the following atmospheric conditions is most likely to produce chilliness?

A. Low temperature and low humidity
B. High temperature and low humidity
C. High temperature and high humidity
D. Low temperature and high humidity

11. For a patient confined to bed, the best type of lighting would be:

A. an overhead light with wall switch near the door
B. a bedside lamp placed so the patient can adjust the lighting
C. direct sunlight through an unshaded window
D. a table lamp with the shade removed

12. The ideal atmospheric humidity is considered to be:

A. 70 to 90 percent
B. 60 to 70 percent
C. 50 to 60 percent
D. 30 to 50 percent

13. When a nurse must provide care for several patients, the nurse should:

A. get one patient done before breakfast
B. leave one bath until after lunch
C. organize an effective work plan
D. do the hardest patient first

14. How long should you wash your hands at the beginning of a work shift to provide for medical asepsis?

A. Thirty seconds
B. One minute
C. Two minutes
D. Four minutes

15. Damp dusting is recommended for hospital furniture and the floor because it will:

A. kill more germs
B. keep the germs in one unit
C. preserve the paint
D. prevent the spread of germs through the air

16. Embarrassment and delay in patient care can be prevented if, in the preliminary preparation of the room, the nurse also:

A. checks dresser drawers, bathroom, and bedside stand for essential equipment and supplies
B. checks out complete equipment for the unit from the central supply
C. asks the housekeeping employee to check the unit for occupancy
D. asks the head nurse to approve the unit for occupancy

17. There is one place in a unit that is often missed in the terminal cleaning process and that is sure to be used by the next occupant. This place is:

A. the medicine cabinet
B. the bedside stand
C. the drawer in the overbed table
D. the bottom dresser drawer

18. During the backrub, the bedding will be protected by:

A. using a spray can of lotion
B. placing a bath towel the length of the patient's back
C. covering the linens with newspaper
D. moving the patient to the far edge of the bed

19. While putting a patient's room in order, you notice a vase of wilted flowers on the dresser. The patient asks you not to disturb them. In this situation it would be best if you:

A. tell the patient that the dead flowers are depressing and she/he would feel better if they were removed
B. ask the patient why she/he wants to keep the dead flowers in the room
C. put fresh water in the vase and leave them as the patient requested
D. ask a member of the patient's family to discard the flowers when they come to visit

20. Decubitus ulcer is another name for:

A. decayed teeth
B. bedsore
C. bed-wetting
D. mental derangement

21. When combing oily and extremely tangled hair, the nurse should:

A. cut out the tangles
B. wash and comb
C. start at the roots
D. use alcohol and comb

22. Utilization of all procedures to prevent transfer of pathogenic organisms from one person to another is:

A. asepsis
B. sterile gloves technique
C. antisepsis
D. gown technique

23. The best means of cleansing the hands in medical asepsis is:

A. soap, water, and brush
B. immersion in a disinfectant for 60 seconds
C. soap and running water
D. immersion in phenol, 2 oz. to a basin of water

24. Soap aids in cleaning because it:

A. destroys bacteria
B. combines with some of the dirt
C. makes suds
D. has an odor of an antiseptic

25. In caring for dentures, the nurse should:

A. wash them with hot water
B. wash them with cold water
C. wash them over a basin of water
D. wash them with boric acid solution

26. A method by which the nurse can save time, energy, and materials while giving a bed bath is to:

A. let the patient take most of it regardless of condition
B. collect all materials needed before entering the room
C. ask the head nurse for a smaller assignment
D. be punctual in coming on duty

27. When giving morning care to a patient, oral hygiene should be given:

A. after the nails have been trimmed and cleaned
B. at the very beginning
C. after the hair is combed
D. just before the backrub

28. When the patient's head and knees are in an elevated position, it is known as:

A. Trendelenburg position
B. Sims's position
C. jacknife position
D. Fowler's position

29. Drugs administered to destroy bacteria that cause disease are considered to be:

A. bactericidal
B. bacteriostatic
C. diaphoretic
D. hemostatic

30. As you complete a backrub, a patient says that her/his legs ache and asks you to rub them. Your response would be:

A. "I'll be glad to rub them. I have a massage cream that is very good for the legs."
B. "Of course. Would you like me to use the alcohol as I did on your back?"
C. "I'll report your discomfort to the head nurse. We should check with your doctor before rubbing your legs."
D. "I'm sorry. I can't do it. Pneumonia patients are not allowed to have their legs massaged."

31. You check the temperature of the water for a tub bath to be sure that it is:

A. 95°-105° F
B. 100°-115° F
C. 105°-115° F
D. 115°-120° F

32. During the bath, you are careful to rinse the soap thoroughly from the skin in order to prevent:

A. acne
B. skin irritations
C. decubitus ulcer
D. an allergic reaction

33. You remember to keep the patient close to you as you give the bath so that you can:

A. prevent the patient from falling out of bed
B. make more careful observations
C. practice good body mechanics
D. insure proper draping of the patient

34. When an object is completely free of microorganisms, it is:

A. clean
B. contaminated
C. sterile
D. unsterile

PATIENT'S ENVIRONMENT AND MEDICAL ASEPSIS
ANSWER SHEET

1. D
2. A
3. C
4. D
5. B
6. B
7. A
8. D
9. A
10. A
11. B
12. D
13. C
14. C
15. D
16. A
17. C
18. D
19. C
20. B
21. D
22. A
23. C
24. B
25. C
26. B
27. B
28. D
29. A
30. C
31. A
32. B
33. C
34. C

MAKING BEDS
PATIENT CLEANLINESS

MAKING BEDS
AND
PATIENT CLEANLINESS
UNITS V AND VI

1. The best method for removing mucus from an emesis basin is to:

   A. submerge the emesis basin in hot water and then place it in a small sterilizer
   B. rinse the emesis basin in hot water and soak it in alcohol
   C. soak the emesis basin for several hours in Lysol solution
   D. rinse the emesis basin in cold water before washing it in warm soapy water

2. When making a surgical bed in preparation for a patient's return from surgery, it is important to:

   A. leave off the top linen until the patient is placed in the bed
   B. fan fold the top linens to the side so that the open side is toward the door
   C. fan fold the top linens to the foot of the bed and drape them over the foot board
   D. place the top linens so that the bottom linens are covered and protected from dirt and dust

3. The bottom linen on the bed should be:

   A. pulled tight and tucked in well under the mattress
   B. smoothed out with the palm of the hand so there will be no wrinkling after the patient gets into bed
   C. applied loosely to prevent strain and tearing of the sheets
   D. smoothed out and tucked under the outer edges of the mattress

4. In order to be sure that no personal belongings of the patient have been gathered up in the linen as it is removed from the bed, it is best to:

   A. remove the bottom linen first and shake it thoroughly
   B. loosen all the linen from under the mattress and then roll all top covers together
   C. remove the linen one piece at a time
   D. ask the patient to get out of bed so you can check for lost or misplaced articles

5. Which of the following is true in regard to toothpastes?

   A. Toothpastes containing flouride are best
   B. Chlorophyll is the most important ingredient in toothpaste
   C. There is little difference in toothpastes; the most important point in cleaning the teeth is proper brushing technique
   D. Only toothpastes which contain an abrasive can effectively clean the teeth

6. If you were asked the best type of toothbrush to use for cleaning the teeth, you would be correct in recommending a toothbrush with:

A. bristles of uneven length within each tuft but an overall surface that is flat
B. an elevated tuft at the end of the brush and a flat surface on the remainder of the brush
C. bristles of an even length and a flat surface
D. an uneven surface with tufts of uneven length

7. The nurse is aware that a bed shampoo cannot be given unless:

A. the procedure is explained to the patient
B. all the supplies are available
C. it is possible to get the patient into a comfortable position
D. the doctor has given permission

8. A patient has long hair which is difficult to manage. However, the practical nurse must remember that legally:

A. a daily combing is necessary
B. it can safely be left in braids for days
C. written permission is needed to cut it short
D. this is one area of care the patient can do personally

9. Hair care must protect the patient from a scalp infection. The nurse should never be guilty of:

A. using the patient's personal equipment
B. using one set of equipment for several patients without sterilizing it between uses
C. using a strong disinfectant solution on the comb and brush
D. roughness in caring for matted, tangled hair

10. A patient is to be up in a chair each morning for 30 minutes. Given this information, what type of bed would be most appropriate for you to make for this patient?

A. Closed bed
B. Open bed
C. Occupied bed
D. Post-op bed

11. The patient is going to be x-rayed. The patient will arrive back on the floor via stretcher. Under these circumstances, what type of bed would be most appropriate for you to make?

A. Closed bed
B. Open bed
C. Occupied bed
D. Post-op bed

12. A patient who has severe edema of the lower legs should be provided with what accessory device?

A. Cradle
B. Bedboard
C. Footboard
D. Mattress pad

13. Patients who are confined to bed should be provided with which accessory device to help prevent footdrop?

A. Cradle
B. Bedboard
C. Footboard
D. Mattress pad

14. When the continuous surface of the skin has been damaged or broken, as in an abrasion or decubitus ulcer, the body has lost some of its ability to:

A. resist infections
B. take in oxygen
C. eliminate waste products
D. maintain body alignment

15. A possible disadvantage in using alcohol when giving a backrub is that:

A. it evaporates and cools the body
B. it removes oils and waste products from the skin
C. it dries out the skin
D. it coagulates oxygen in the tissues

16. One of your patients is to receive a tub bath this a.m.. You should plan your work so that:

A. this patient is cared for first
B. the tub bath is given at a time when you can stay with the patient or at least remain within calling distance
C. the tub bath can be taken by the patient while you are feeding a helpless patient
D. all other assignments are completed before starting this bath because the patient will need your help

17. The bath will be more relaxing and soothing to a patient if:

A. long, smooth strokes are used to cleanse the skin
B. circulation is increased by vigorous rubbing of the skin with the washcloth
C. very hot water is used for the bath
D. the linen is changed before the bath is given

18. To avoid irritation of the skin during the bath, it is best to use:

A. only medicated soap
B. soap only if stains are to be removed from the skin
C. soap sparingly and rinse well
D. cold water for rinsing the skin

19. In choosing between body lotions and alcohol to massage the skin, it should be remembered that:

A. alcohol is stimulating and increases circulation
B. neither will be effective if it is not prewarmed to 130° F
C. they have about the same effect on the skin
D. lotions tend to restore natural oils; alcohol has a drying effect on the skin

20. Lubricants that can be used for all patients who have dried and cracked lips include:

A. castor oil or petroleum jelly
B. mineral oil or petroleum jelly
C. cold cream or glycerine with lemon juice
D. olive oil or glycerine with sugar

21. The correct method for cleaning removable dentures is to:

A. brush them with an ordinary toothbrush in very hot water
B. soak them in very cold water to remove mucus and food particles
C. clean them with a soft cloth and baking soda to avoid scratching the surface
D. clean them with a brush and dentifrice and rinse them under a gentle stream of running water

22. Dentures should not be worn:

A. when the patient is sleeping
B. if the patient is unconscious
C. if the patient is on a soft diet
D. when the patient is receiving nasal oxygen

23. Nurses are instructed to keep a patient's hair clean and well groomed because:

A. female patients are always more concerned about their appearance
B. the patient usually cannot afford to pay for a professional hairdresser
C. head lice are a constant danger to all bedridden patients
D. cleanliness and daily brushing of the hair are important to the health of the scalp and the mental attitude of the patient

24. If a patient's hair becomes tangled, it will be easier to comb if it is:

A. cut short and brushed, even though the patient does not wish to have it cut
B. powdered with talcum to remove the oil
C. dampened with alcohol before combing
D. rinsed with a vinegar solution before combing

25. Nits closely resemble dandruff except that they cling to the hair. To facilitate removal of the nits from the hair, it is best to:

A. rub the hair with alcohol
B. brush the hair with a nylon brush
C. rinse the hair in vinegar and comb with a fine-toothed comb
D. wash with Prell shampoo

26. A good backrub promotes relaxation and helps prevent pressure sores. A backrub is most relaxing if the back is:

A. rubbed with short, brisk strokes
B. vigorously massaged with the fingertips
C. rubbed with a circular motion and kneaded with the thumbs
D. rubbed with long, smooth strokes, exerting more pressure on the upward stroke than on the downward stroke

27. While giving the backrub, the nurse should also increase circulation to the areas over bony prominences by gently massaging the:

A. lumbar region and buttocks
B. sacral region, neck, and shoulders
C. ribs and buttocks
D. lumbar vertebrae and ribs

28. Proper cleaning of the tub after a patient has had a tub bath is the responsibility of:

A. the head nurse
B. the patient
C. the maid assigned to that unit
D. the nurse assigned to the care of the patient taking the tub bath

29. One of the more important benefits of a bed bath is that:

A. the patient feels cared for
B. all patients enjoy a bath
C. it gives the nurse an opportunity to observe the patient
D. the family expects it

30. When dentures are not in use, they should be:

A. wrapped in clean gauze or tissue and placed in the dresser drawer
B. checked into the hospital safe since they are considered to be valuable
C. placed in a denture cup, labeled with the patient's name and room number, and placed in the bedside table drawer
D. given to the family to take home

31. A patient is out of dentifrice. You make some for the patient by mixing equal parts of:

A. table salt and boric acid
B. table salt and soda bicarbonate
C. soda bicarbonate and sugar
D. sugar and boric acid

32. It is recommended that bath water used for a bed bath be changed:

A. at least once during the bath
B. only if necessary
C. only at the request of the patient
D. at least once if it appears to be too soapy

33. If the position of a patient in bed is not changed frequently, the patient is most likely to develop:

A. a skin infection
B. a fixation of the joints and decubitus ulcers
C. toughening of the skin and paralysis
D. an infection of the bones

34. The purpose of a toe tuck is to:

A. make the bed look more professional
B. allow extra covering for the shoulders
C. give extra sheeting across toes to prevent pressure
D. aid the nurse in developing more manual dexterity

35. In caring for the patient who is incontinent, you should keep the skin clean and dry and:

A. use padding or disposable diapers to catch the urine or feces
B. offer the bedpan or urinal frequently for retraining
C. check the bed linens frequently to see if they are soiled
D. remind the patient that he/she made extra work for you by soiling the bed

36. While giving a bed bath to an 80-year-old patient, the practical nurse, after noting that the patient appears to have difficulty following instructions, should:

A. give the patient additional information because the patient may want to know why she/he is being asked to do certain things
B. give the patient the bath without talking since the patient will probably not be able to understand what the practical nurse is saying
C. speak a little more rapidly and a little louder in order to gain the patient's attention
D. give the patient instructions in a concise manner without giving too much information at one time

37. The washcloth is folded into a mitt around the nurse's hand:

A. to prevent wrinkling of the washcloth
B. because this is a step in the bed bath procedure
C. as an aid in palpation
D. to avoid dripping water on the bed linen and to cool the washcloth

38. Perineal care is done for the purpose of cleansing the:

A. vaginal canal
B. abdominal cavity
C. external genitalia
D. anal canal

39. When you make an open bed, the top linen of the bed will be:

A. folded to the side of the bed so that the patient may get into the bed on one side without touching the clean top linen
B. spread all the way to the top of the bed with the pillow removed so that the linen may be pulled down quickly, and the lower sheet will be protected from bacteria until the patient is ready to get into the bed
C. folded down from the top of the bed with fanfolds which end below the midline of the bed
D. void of top linen

40. The major cause of dental disease and mouth disorders is:

A. improper attention to the correct brushing of teeth
B. water without fluoride
C. too few appointments with the dentist
D. using the type of toothbrush which may damage teeth

41. When a patient is in a supine position, the patient is lying on her/his:

A. right side
B. back
C. abdomen
D. left side

42. If the bed is not to be occupied immediately upon one patient's dismissal, what type of bed should be made?

A. Open bed
B. Unoccupied bed
C. Anesthetic bed
D. Closed bed

43. One of the best ways to judge whether or not a bed has been made properly is by:

A. its appearance as soon as it has been made
B. determining the comfort of the patient who has had to lie in it all day
C. asking an experienced nurse
D. determining the amount of linen used

44. In choosing the method of cleaning dentures, the nurse must take into consideration that the material used to make the plates may readily:

A. change shape if hot water is used
B. be affected by the kind of toothpaste used
C. slip out of one's hands
D. deteriorate

45. Which method should the nurse use in instructing the patient about brushing his/her teeth?

A. Brush from the gums down
B. Brush away from the gums
C. Use only commercial toothpaste
D. Use a brush with firm bristles

46. To avoid contamination from the anal region while drying a patient after a perineal irrigation, it is necessary to:

A. use sterile cotton balls
B. wipe from front to back toward the anal region
C. wipe from back to front away from the anal region
D. cover the anal region with a sterile towel

47. If you are teaching a patient the best method for taking a douche at home, you should advise her to:

A. lie down in the bathtub at home
B. rent a bedpan and take the douche lying in bed
C. sit on the commode and take the douche because this is the most convenient way
D. assume any positon that is comfortable for her but be sure the tip is inserted at least one inch

48. In some patients, pressure can cause the beginning of a decubitus ulcer within a matter of hours. When you observe the FIRST sign of pressure, you should immediately do which of the following?

A. Make sure the skin is clean and dry
B. Turn the patient at least every two hours
C. Use padding or protective aids to reduce pressure
D. Massage around the reddened area to restore circulation

49. Before leaving a patient's room, the nurse should be sure the patient will be able to reach:

A. her/his glasses
B. the water pitcher
C. the call bell
D. the bedpa

50. For a patient who cannot move about freely in bed because of a restricting cast, the daily bed bath becomes a valuable way:

A. to promote sleep
B. to learn the patient's complaints
C. to stimulate circulation
D. to occupy the patient's time

51. A nurse will find it necessary to modify bath procedure for a patient in a leg cast. The nurse should eliminate:

A. the back rub
B. the foot soak in the bath basin
C. oral hygiene
D. nail care

52. After the bed, mattress, and springs have been thoroughly cleaned, a closed bed will be made. This procedure directs the nurse to:

A. make one side of the bed completely before moving to the opposite side
B. tuck all the covers under the mattress, starting at the foot of the bed and working toward the top
C. tuck the bottom sheet under on both sides before putting on the top linen
D. fanfold the top covers to the foot of the bed

53. The nurse is taught to remove the bed linens one piece at a time. This is important to prevent:

A. loss of personal or hospital property
B. a laundry miscoun:
C. any error in exchange of clean linen for dirty linen
D. exposure of patient

54. The patient will be more comfortable after the nurse:

A. tightens the bottom linen and brushes out any crumbs
B. elevates both the head and the foot of the bed
C. puts the side rails in place
D. puts on a clean sheet and a draw sheet

55. The nits of Pediculi capitis are the:

A. outer covering of head lice
B. eggs of body lice
C. eggs of head lice
D. female head lice

56. The best time to clean the patient's fingernails is:

A. during the bath after the hands have been soaked in warm water
B. before the bed bath
C. after breakfast
D. before a.m. care is started

57. The safest method for shaping the fingernails is by using:

A. a pair of nail clippers
B. a pair of bandage scissors
C. a razor blade
D. an emery board

58. Combing and brushing the hair are usually the last things done in the complete bath procedure. Clean linens should be protected by:

A. directing the patient to hold her/his head over the side of the bed
B. newspapers
C. covering the pillow with a towel
D. removing the pillows

59. The natural oils on the hair shaft interfere with the sudsing of a shampoo. This makes it necessary:

A. to rinse the hair with a grease-cutting solution before applying the shampoo
B. to use water at a temperature of 120° F or higher
C. to use a dry shampoo first
D. to use two or more applications of shampoo

60. The people who clean a patient unit and prepare it for use by another patient should be aware that one of their most important responsibilities is:

A. to admit the next patient to that unit
B. to check and report any equipment out of order
C. to clean only the items to be used by the next patient
D. to leave all windows open to air the unit

MAKING BEDS AND PATIENT CLEANLINESS
ANSWER SHEET

1. D	21. D	41. B
2. B	22. B	42. D
3. A	23. D	43. B
4. C	24. C	44. A
5. C	25. C	45. B
6. A	26. D	46. B
7. D	27. B	47. A
8. C	28. D	48. D
9. B	29. C	49. C
10. B	30. C	50. C
11. D	31. B	51. D
12. A	32. A	52. A
13. C	33. B	53. A
14. A	34. C	54. A
15. C	35. B	55. C
16. B	36. D	56. A
17. A	37. D	57. D
18. C	38. C	58. C
19. D	39. C	59. D
20. C	40. A	60. B

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OBSERVATION AND RECORDING

OBSERVATION AND RECORDING
UNIT VII

1. If a 24-hour clock is in use, the correct term for 4:00 p.m. would be:

   A. 0400
   B. 0800
   C. 1600
   D. 2000

2. In problem-oriented medical records, the progress notes are often written in a standard form. This is abbreviated:

   A. SOAP
   B. SOLD
   C. COAP
   D. PROP

3. As the night nurse, you are checking on the sleeping patterns of a patient. The best source for this information is:

   A. the patient record
   B. general observation
   C. physical examination
   D. an interview

4. A symptom is best defined as:

   A. any indication of disease
   B. a sign of improvement in the patient's condition
   C. an indication that a patient's illness is becoming more severe
   D. any indication of disease or change in the condition of the patient

5. The prefix hypo commonly used in medical terminology means:

   A. higher than normal
   B. a chronic condition
   C. lower than normal
   D. about average

6. Symptoms known only to the patient are called:

   A. subjective
   B. objective
   C. cardinal
   D. chief

7. Intelligent observation is one of the most important duties of the nurse. The term observation can be defined as:

A. looking for symptoms of disease which will help you learn more about nursing
B. taking notice of the patient and his/her environment
C. watching the patient without the patient's knowledge
D. obtaining information from the patient and the patient's family by asking intelligent questions

8. Being observant and making essential observations comes from:

A. being born with this natural ability
B. watching other nurses
C. leaning what is normal so that one can recognize the abnormal quickly
D. practice

9. Mr. Jones is 24 years old, weighs 110 lbs., is 5'11" tall, and has been ill for some time. He has a bluish discoloration around his mouth and nail beds and sits up to aid breathing. In charting, the nurse would state:

A. obese, erythema of skin noted, breathing stertorous
B. acutely ill, states he has oliguria, cyanosis
C. emaciated, hypertonic, and jaundiced
D. emaciated, dyspneic with cyanosis noticed around mouth and nail beds

10. Dehydration is evidenced by:

A. polyuria, edema, moist mucous membranes, lack of thirst, and diarrhea
B. oliguria, dry skin, thirst, dry mucous membranes, and constipation
C. anuria, mottled skin, thirst, and excoriations of mucous membranes
D. enuresis, clammy skin, and macule areas on mucous membranes

11. Examples of subjective symptoms would include:

A. nausea and vomiting
B. rash and swelling
C. itching and burning
D. pain and discoloration of the skin

12. Which of these symptoms is subjective?

A. Nausea
B. Vomiting
C. Jaundice
D. Pallor

13. Which of these symptoms is objective?

A. Tinnitus
B. Diaphoresis
C. Vertigo
D. Dysuria

14. When recording observations of a patient, the nurse must remember that a patient's chart is:

A. a legal document that may be used as evidence in court
B. not a permanent record and is most important when the patient is in the hospital
C. the property of the patient
D. the property of the physician treating the patient

15. The abbreviation q.i.d. means:

A. twice a day
B. four times daily
C. every day
D. three times a day

16. The patient's subjective symptoms include:

A. fear and worry
B. rash
C. hysteria and weeping
D. pallor

17. Which of the following is not an objective symptom?

A. Orthopnea
B. Jaundice
C. Cyanosis
D. Nausea

18. Another word used for swelling is:

A. emesis
B. anorexia
C. cyanosis
D. edema

19. A group of symptoms usually associated with a particular condition or disease is known as:

A. a case study
B. a chronic disease
C. a syndrome
D. vital signs

20. The practical nurse violates the legal responsibility of charting principles by:

A. charting only routine care
B. failing to chart symptoms in a descriptive manner
C. recording medications and treatments before they are given
D. permitting the patient to refuse a medication

21. The notation on the patient's chart that is incorrect is:

A. "The right ankle swollen and pressure with the finger tips produces pitting."
B. "Tosses about, changes position every few minutes. In constant motion."
C. "General diet. Ate well."
D. "A complete bed bath will be given as soon as the doctor removes the stitches and changes the dressing."

22. Miss X has recorded information about Miss Brown on the chart of Mr. Jones. Since several nurses have recorded observations on Mr. Jones on this same page, the nurse must recopy the entire page. Legally, the incorrect page must be:

A. filed in the record room
B. destroyed
C. filed at the back of the chart
D. sent to the office of the medical assistant

23. The practical nurse has recorded the temperature of an irrigating solution as 150° F. To correct this mistake, it will be necessary:

A. to recopy the entire chart
B. to eradicate the mistake and correct it with red ink
C. to draw a line through the mistake and write "Error in Charting"
D. to recopy one page

24. An example of descriptive charting would be:

A. "Mrs. X is uncooperative."
B. "Mrs. X refuses food."
C. "Mrs. X is making faces at other patients."
D. "Mrs. X clamps her teeth together when food is offered."

To answer questions 25-27, refer to the following:

A patient has been in the hospital three weeks and is getting homesick. The patient overhears the doctor tell relatives that nursing home care is needed for the next several months. The total cost of the illness becomes a major concern to the patient.

25. The nurse checks the patient before going off duty. The patient's expression and unwillingness to talk to the nurse suggest a mood of:

A. depression
B. irritability
C. resignation
D. hostility

26. If the patient could talk about these feelings, they could be traced to the idea of:

A. being a hopeless cause
B. being not loved by relatives
C. being a financial burden
D. never going to see home again

27. After asking, "Isn't there something I can do for you?", some hint of the patient's problem is evident to the nurse when the patient replies:

A. "I don't need a thing."
B. "Please put me on the bed pan. I need a drink of water. I'm not comfortable in this position."
C. "Go away."
D. "Don't waste your time on an old person who can't pay you."

To answer questions 28-29, refer to the following:

The practical nurse has been off duty for two days. Upon returning, the nurse finds the patient on the critical list with hypostatic pneumonia. The relatives are each staying a 12-hour shift with the patient. The patient seems to be in a stupor.

28. A relative tries to tell the nurse how bad off the patient is as soon as the nurse enters the room. The nurse warns that:

A. she/he cannot be of any help if the relative continues to worry so much
B. the patient might understand their conversation
C. it is not wise to have such a hopeless attitude
D. the patient could not benefit by such an attitude of hopelessness

29. The nurse, noticing that the patient's urine is dark amber in color and small in amount, should:

A. tell the patient
B. report the finding
C. find out when the patient last voided
D. wait until the patient has voided again before doing anything

30. A nurse enters Mr. Brown's room to give him his medication and finds that Mr. Brown and Mrs. Brown are involved in a heated argument about financial matters. When the medication is offered to Mr. Brown, he refuses it stating, "Those pills make me nauseated." When charting the incident, the nurse should write:

A. "Refused medication because they make him sick."
B. "Upset by argument with wife and, therefore, refused medication
C. "Refused medication; stated the pills make him nauseated."
D. "Refused medication because of worry about cost of illness."

31. The main reason for charting a patient's refusal of the medication is to:

A. prove that the patient is difficult to get along with
B. relieve the nurse of responsibility for giving medications to the patient
C. inform the physician of the patient's reaction to the medication
D. notify the nurses on duty that the patient will not cooperate with them

32. Each time a notation is made on a patient's chart, it is most important to include the:

A. patient's name in the notation
B. signature of the person making the notation
C. signature of the person in charge
D. name of the physician attending the patient

33. Correction of an error in charting should be made by:

A. erasing the error with ink eradicator
B. blacking out the error with a pencil or pen
C. drawing several lines through the error
D. drawing a single line through the error and writing "Error in Charting" above it

34. If a whole page of notations has been made on the wrong chart, the nurse should:

A. draw a line through each notation
B. draw an X through the page and write "Error in Charting" across the page
C. erase the notations and start again
D. remove the page from the patient's chart, even though there may be correct notations on the other side

OBSERVATION AND RECORDING
ANSWER SHEET

1. C
2. A
3. B
4. D
5. C
6. A
7. B
8. C
9. D
10. B
11. C
12. A
13. B
14. A
15. B
16. A
17. D
18. D
19. C
20. C
21. D
22. C
23. C
24. D
25. A
26. C
27. D
28. B
29. B
30. C
31. C
32. B
33. D
34. B

[redacted]

PATIENT MOVEMENT
AND ACTIVITY

PATIENT MOVEMENT
AND
ACTIVITY
UNIT VIII

1. Proper supporting of the upper leg and arm while the patient is lying on his/her side will prevent:

   A. strain on muscles and will support the weight of the arm and leg
   B. the patient from rolling onto his/her back
   C. foot drop
   D. contractures of the leg muscles

2. A bed cradle may be used in the hospital to :

   A. provide warmth to the lower extremities
   B. give support to the patient's back
   C. eliminate the need for an overbed table
   D. support the weight of the top covers

3. Special exercises are ordered primarily because:

   A. they keep the patient's mind off of personal troubles
   B. they prevent atrophy of the muscles and other crippling complications
   C. most hospitals have physical therapists to administer these exercises
   D. it is not the responsibility of the nurse to prevent complications resulting from lack of exercise

4. When helping a patient with exercises, it is <u>most</u> important to:

   A. exercise all muscles of the extremities
   B. avoid using force when joints are stiff or muscles are tight
   C. work quickly so the patient will not tire before the exercises are completed
   D. vigorously massage each part before it is exercised

5. The main purpose of any restraint is the:

   A. hospital's protection from a law suit
   B. protection of the patient
   C. protection of the nurse caring for the patient
   D. immobilization of the patient

6. A bedfast patient's position should be changed at least:

   A. every hour
   B. every 30 minutes
   C. every 3-4 hours
   D. every 2 hours

7. One of the best ways of determining whether a patient has good posture while lying in bed is to:

A. check to see if proper breathing is taking place
B. ask the patient if he/she is comfortable
C. imagine the patient in a vertical or standing position with the same posture
D. ask a member of the family if the patient is accustomed to lying in that position

8. Footboards are used to:

A. keep the mattress from skiding to the foot of the bed
B. help keep the top linen neat in appearance
C. support the toes
D. hold the feet in their normal position and prevent footdrop

9. A paraplegic condition describes the inability to have normal use of:

A. one arm and one leg
B. both arms and both legs
C. both legs
D. both arms

10. Select the one best answer to complete this statement. A footboard should extend high enough above the mattress of the bed so that it will:

A. stay in a firm, upright position
B. support the foot from heel to beyond the toes
C. prevent muscle strain in the lower extremities
D. keep the top covers off the foot of the bed

11. Mr. Jones is comfortable only on his back. He will remain on his side only for short periods. In spite of careful back care, pressure areas begin to develop over the shoulder blades. The nurse wished to move the accumulation of waste products from the weakened cells of the pressure area. To do this, the nurse will:

A. put the patient on an air cushion
B. place sponge rubber pads under this area
C. stimulate muscle contraction by application of alcohol
D. massage lightly and frequently around the pressure center

12. Sandbags and a footboard will be used on the right leg to prevent the complication known as:

A. ankylosis
B. gangrene
C. footdrop
D. paralysis

13. The position that is most often used for a pelvic examination is the:

A. Trendelbenburg
B. prone
C. knee-chest
D. lithotomy

14. When assisting the physician with a vaginal examination, the nurse needs to assemble at least three articles. They include:

A. sigmoidoscope, lubricant, and speculum
B. tongue blade, otoscope, and rubber gloves
C. stethoscope, tongue blade, and lubricant
D. speculum, lubricant, and rubber gloves

15. Which of the following positions would NOT be used for a rectal examination?

A. Trendelenburg
B. Sims's
C. Lithotomy
D. Knee-chest

16. The nurse will recognize that the heaviest part of a patient is the:

A. head
B. shoulders
C. buttocks
D. extremities

17. In order for the nurses to carry the patient the shortest distance, the stretcher should be placed:

A. parallel to the bed
B. at right angles to the head of the bed
C. at right angles to the foot of the bed
D. at the foot of the bed

18. A major reason the nurse should obtain a physician's order for restraining a patient is to:

A. determine the type of restraint to be used
B. determine the length of time to apply the restraint
C. legally protect the physician
D. legally protect the nurse

19. The patient has slid too far down in bed. The nurse arranges for another nurse to help get the patient back into a more comfortable position. The cast is heavy. There will be less strain on the patient and on the nurses if they move the patient by first:

A. elevating the foot of the bed and pulling on the mattress
B. placing hands under the buttocks and shoulders
C. grasping the patient under each arm and pulling upward
D. standing on the side of the bed

20. In all positions, the spine should be:

A. slightly fixed
B. straight
C. slightly extended
D. bent

21. The examination of the abdomen will begin with the patient in the:

A. dorsal recumbent position
B. prone position
C. supine position
D. Fowler's position

22. When dressing a patient with an injured arm, which arm would you put through the sleeve the hospital gown first?

A. Affected arm
B. Unaffected arm

23. A double T binder is used:

A. to hold perineal dressings in place for the obese patient
B. to give more support than the single T binder
C. to hold perineal dressings in place for the male
D. to hold perineal dressings in place for the female

PATIENT MOVEMENT AND ACTIVITY
ANSWER SHEET

1. A
2. D
3. B
4. B
5. B
6. D
7. C
8. D
9. C
10. B
11. D
12. C
13. D
14. D
15. A
16. C
17. C
18. D
19. B
20. B
21. A
22. A
23. C

NUTRITION AND FLUIDS
BODY ELIMINATION

NUTRITION AND FLUIDS
AND
BODY ELIMINATION
UNITS IX AND X

1. Which of the following liquids would not be allowed on a clear liquid diet?

   A. Orange juice
   B. Ginger ale
   C. Tea
   D. Sweetened black coffee

2. Which of the following foods are not allowed on a full liquid diet?

   A. Milk
   B. Cereal gruels
   C. Ripe banana
   D. Strained soups

3. A low residue diet is one that restricts foods containing:

   A. natural salt or sodium
   B. fiber or cellulose
   C. animal fats or plant oils
   D. chemical stimulants

4. A patient with poorly fitting dentures or other difficulties in chewing is more likely to enjoy the meal if the diet is:

   A. composed of nothing but liquids
   B. an edentulous diet
   C. a soft diet
   D. composed mostly of baby foods

5. If the nurse is responsible for serving meal trays, it is most important to:

   A. remind the patient to eat all the food on the tray
   B. see to it that the patient's coffee is hot
   C. serve the tray graciously
   D. plan the menu so that the meals are nutritious and inexpensive

6. When serving a meal tray to a patient, the nurse must always be careful to:

   A. place the tray in a convenient place and the patient in a relaxed and comfortable position
   B. get the patient up in a chair so he/she will be in a natural position for eating
   C. rearrange the articles on the tray in the order in which the patient will eat them
   D. Provide privacy for the patient by screening the bed or closing the door

7. Patients on special therapeutic diets should receive only the foods sent to them from the diet kitchen chiefly because:

A. their hospitalization insurance does not cover regular meals in the hospital
B. the dietitian does not plan for additional food for these patients
C. these special diets are a form of treatment in the same way medications are
D. the patient may not enjoy eating other food

8. The best way the nurse may help the physician determine a patient's appetite is by:

A. asking the patient's family what food the patient prefers
B. asking the patient if he/she always eats everything served to him/her at the hospital
C. serving the tray to the patient and asking him/her to eat everything prepared on the tray
D. checking the tray after the patient has eaten and accurately recording the amount and type of food eaten

9. If a blind patient assigned to you must be fed, the meal tray should be:

A. taken to the room and left there until you can get back to feed the patient
B. left on the food cart until a member of the family comes to feed the patient
C. brought to the room and fed to the patient immediately after it is served
D. placed in the kitchen until someone can be found to feed the patient

10. Most body discharges are protein in nature. Therefore, bedpans can best be cleaned by:

A. soaking in vinegar, then rinsing and washing
B. sponging with carbon tetrachloride, then washing and rinsing
C. rinsing in cold water, washing with soap, rinsing, and sterilizing with steam
D. washing in scalding water

11. Except in special situations, when the patient is using the bedpan, it would be best if you:

A. stayed with the patient and handed the patient the toilet tissue when needed
B. stood outside the door until the patient calls for you
C. left the room after placing the toilet tissue and the call light within easy reach
D. took the patient's temperature, pulse, and respirations to save time and get through with your work more quickly

12. The position usually recommended for administration of an enema is the:

A. Sims's left lateral position
B. dorsal recumbent position
C. prone position
D. right side lying position

13. The temperature of the solution for a cleansing enema for an adult is about:

A. 85°-92° F
B. 94°-90° F
C. 100°-105° F
D. 107°-115° F

14. If you encounter difficulty while inserting the rectal tube when you attempt to give an enema, it is best to:

A. stop immediately and report your problem to your team leader
B. tell the patient she/he must have the enema and should relax and be cooperative
C. wait a few seconds until the lubricant has taken effect
D. wait a few seconds until the spasm of the sphincter muscle has passed and then gently continue to insert the tube

15. When a cleansing enema is given to the average adult, the level of the enema above the mattress should be about:

A. 6 to 8 inches
B. 8 to 12 inches
C. 12 to 18 inches
D. 18 to 24 inches

16. Three safety precautions the nurse must remember to take just before and at the time the rectal tube is inserted are:

A. use sterile gloves, lubricate the tip, and do not use force
B. use sterile gloves, let the solution flow through the tubing, and insert the tip gently about 4 inches
C. lubricate the tip, visualize the anus, and help the patient relax by asking her/him to breathe deeply until the nurse instructs her/him to stop
D. lubricate the tip, insert the tube quickly, and ask the patient to bear down while the tip is being inserted

17. In administering an oil retention enema to an adult patient, you would expect to administer:

A. 20 to 30 cc
B. 120 to 180 cc
C. 750 to 1000 cc
D. 300 to 500 cc

18. To decrease the patient's desire to expel the rectal suppository, the nurse should:

A. warm the suppository to body temperature, lubricate it, and insert it quickly
B. lubricate the suppository and insert it well beyond the sphincter muscles
C. lubricate the suppository and insert it well into the fecal mass
D. warm the suppository to body temperature, lubricate it, and insert it approximately 1 inch

19. A patient complains of abdominal distention due to flatus. The doctor orders a rectal tube. You lubricate and insert the rectal tube. The tube should be removed:

A. after 45 to 60 minutes
B. after 20 to 30 minutes
C. when the patient desires
D. after abdominal distention is relieved

20. The nurse should know whether or not the patient is going to have blood studies because:

A. the patient is not permitted to have a bath prior to some types of tests
B. the practical nurse is responsible for collection of the specimen
C. breakfast is withheld for some studies
D. the family will have to bring breakfast later

21. Before administering an oil retention enema to a patient, it is most important to:

A. tell the patient that the enema must be expelled immediately after it is given
B. ask the patient to go to the bathroom to expel the enema
C. tell the patient that the enema will be most effective if retained until the urge to evacuate is strong
D. warn the patient that the enema will not be effective unless the patient can retain a large amount of oil

22. The amount of solution usually given in a cleansing enema is:

A. 2000 cc
B. 120 cc
C. 1000 cc
D. 240 cc

23. Which of the following is the best example of charting the results of an enema?

A. "Good results."
B. "Patient unable to tell if enema was effective."
C. "Solution returned clear with small amount of constipated stool."
D. "Patient stated she/he had good results."

24. An oil retention enema is given primarily for the purpose of:

A. stimulating peristalsis
B. softening fecal material
C. cleansing the bowel before diagnostic tests
D. relieving distention caused by flatus

25. A rectal tube inserted for the purpose of expelling flatus is:

A. left in place two hours
B. well lubricated before insertion
C. the largest sized tube
D. inserted whenever the patient desires

26. Total intake includes:

A. water taken by mouth and fluids given by vein
B. all liquids taken orally, including milk, tea, coffee, and all liquids given by vein
C. only the liquids given by vein because the patient may vomit oral liquids
D. fluids taken by mouth only

27. To avoid an interruption AFTER the meal tray has arrived, the nurse knows it is good procedure to:

A. ask the visitor to leave
B. elevate the head of the bed
C. ask the patient if a bedpan is needed
D. give oral hygiene

28. Before the tray arrives, the nurse will make it possible for the patient to:

A. change positions
B. wash his/her hands
C. use a room deodorant
D. rest

29. At meal time, the patient will not feel quite so helpless if allowed to:

A. hold a piece of bread
B. express likes and dislikes
C. sit up on the edge of the bed
D. eat all of one food before starting on another

30. Normally, the enema tip or catheter should be inserted into the rectum approximately:

A. 3-5 inches
B. 1-2 inches
C. 3-7 inches
D. 8-10 inches

31. Rectal tubes are sometimes inserted to relieve distention caused by flatus. The word flatus refers to:

A. constipation
B. gas in the intestinal tract
C. watery, loose stools
D. collapse of the intestinal tract

32. Special nerve receptors in the bladder wall become stimulated when the bladder contains:

A. 800-1000 cc
B. 200-400 cc
C. 100-200 cc
D. 500-600 cc

33. When the bladder becomes overdistended, the result may be:

A. an increase in bladder tone
B. a decrease in bladder tone
C. kidney stones
D. incontinence

34. Leaning forward from the hips increases internal abdominal pressure. If a patient must use a bedpan, the nurse can assist the patient to attain the correct positon by:

A. elevating the head of the bed to a low Fowler's position
B. allowing her/him to stand
C. elevating the head of the bed to high Fowler's position
D. providing for good body alignment

35. When keeping output on a patient, the nurse provides an accurate record of:

A. IV fluids, emesis, and urine
B. urine, weight of dressings, and weight of food ingested
C. emesis, urine, sputum, and IV fluid
D. emesis, urine, and diarrhea

36. All but one of the following diets is considered to be a basic hospital diet upon which others may be based. The diet which is NOT a basic diet is a:

A. regular or general diet
B. low salt diet
C. soft diet
D. full liquid diet

37. Total output would include:

A. all fluids lost by vomiting, urination, profuse perspiration, or liquid stools
B. recording the number of times the patient voided or had a bowel movement
C. the amount of urine voided during the day
D. only the urine obtained by catheter

38. If a male patient asks for a urinal, the nurse should:

A. tell him to wait until an orderly is available to help him
B. place the urinal so the patient can grasp the handle and then leave the room
C. inform him that the urinal is in his bedside table for his convenience
D. ask him to use a bedpan because female nurses cannot give urinals to male patients

39. Each time a patient uses the urinal, the nurse is responsible for:

A. saving a specimen
B. providing the patient with toilet tissue
C. providing the patient with materials for washing her/his hands
D. measuring the output

40. The term urinary incontinence refers to:

A. failure of the kidneys to excrete urine
B. retention of the urine in the bladder
C. incomplete emptying of the bladder
D. inability to control urination

41. One of the best ways the nurse can help establish a routine for incontinent patients and eliminate frequent changing of linens is:

A. insertion of a Foley catheter
B. frequent and regular administration of the bedpan
C. catheterization every eight hours
D. use of waterproof materials to keep the linen dry

42. Inability to empty the bladder of urine is called:

A. urinary suppression
B. urinary incontinence
C. residual urination
D. urinary retention

43. A light or convalescent diet is one in which there is a restriction on:

A. meats and vegetables
B. fatty foods and rich pastries
C. salt and other seasonings
D. cooked fruits and vegetables

44. The main reason for placing a patient in Sims's position for an enema is to:

A. prevent air from entering the colon
B. prevent contamination of the perineum
C. prevent strain on the nurse
D. facilitate the flow of soluction into the sigmoid colon

45. The patient states she/he has abdominal pain while the nurse is administering an enema. The best action for the nurse to take is to:

A. discontinue the treatment
B. stop the flow of solution until the patient's pain is relieved
C. decrease the length of tube inserted
D. tell the patient it will be only a few minutes until the treatment is finished

46. When preparing a soapsuds enema, the nurse should:

A. remove the suds and bubbles from the top of the solution before it is administered
B. stir the solution before administering it
C. heat the solution to 125° F
D. allow the solution to stand for at least 30 minutes to be sure all the soap is dissolved

47. While the nuse is inserting a rectal suppository, the patient asks, "Will I have a bowel movement after this suppository?" To answer this question correctly, the practical nurse must know that:

A. all rectal suppositories are given to relieve constipation
B. most rectal suppositories are given for relief of swollen hemorrhoids
C. rectal suppositories are given only when enemas are contra-indicated
D. rectal suppositories are given for different reasons

48. When a soapsuds solution is given as an enema, the soap has:

A. a soothing effect on the mucous membranes of the intestine
B. very little cleansing effect on the intestinal tract
C. the effect of destroying all bacteria in the colon
D. an irritating effect on the mucous membranes of the intestine

49. A full liquid diet:

A. is deficient in protein
B. lacks necessary minerals
C. can be adequate with careful planning
D. must always be supplemented with vitamin preparations

50. Patients who have a fever over a period of time would most likely be given a:

A. full liquid diet
B. soft diet
C. clear liquid diet
D. soft diet with additional liquids

51. If fruits are included in a soft diet, they should be:

A. served raw after being soaked overnight
B. peeled and cut into small pieces
C. only those fruits belonging to the citrus group
D. cooked with skins and seeds removed

52. A patient on a soft diet is allowed:

A. no seasoning
B. as much seasoning as desired
C. only a small amount of salt and no vinegar
D. a moderate amount of seasoning

NUTRITION, FLUIDS, AND BODY ELIMINATION
ANSWER SHEET

1. A	21. C	41. B
2. C	22. C	42. D
3. B	23. C	43. B
4. B	24. B	44. D
5. C	25. B	45. B
6. A	26. B	46. B
7. C	27. C	47. D
8. D	28. B	48. D
9. C	29. A	49. D
10. C	30. A	50. D
11. B	31. B	51. D
12. A	32. B	52. B
13. C	33. B	
14. D	34. C	
15. C	35. D	
16. C	36. B	
17. B	37. A	
18. B	38. B	
19. B	39. C	
20. C	40. D	

VITAL SIGNS

VITAL SIGNS
UNIT XI

1. If you wish to double-check your blood pressure measurement, you should wait how long before remeasuring on the same arm?

   A. Thirty seconds
   B. One minute
   C. Two minutes
   D. It makes no difference

2. The usual position for the patient to assume during the blood pressure measurement is:

   A. sitting
   B. prone
   C. supine
   D. lateral

3. The first sound you hear upon release of the handbulb valve indicates:

   A. systolic pressure
   B. diastolic pressure
   C. pulse pressure
   D. dicrotic pulse

4. The pulse is taken by applying slight pressure with the index and third fingers on the thumb side of the patient's wrist. The artery in this location is called:

   A. the carotid artery
   B. the temporal artery
   C. the brachial artery
   D. the radial artery

5. To check the blood pressure, place the stethoscope:

   A. over the pulse
   B. above the sphygmomanometer cuff
   C. over the brachial artery
   D. in the crook of the elbow

6. The ideal temperature for a sickroom is usually considered to be:

   A. 80°-90° F
   B. 60°-80° F
   C. 30°-50° F
   D. 68°-72° F

7. Respirations should be counted for:

A. 1 minute
B. 3 minutes
C. 15 seconds
D. 30 seconds

8. Afebrile means:

A. without fever
B. absence of respiration
C. rapid pulse
D. bluish color of the skin and/or fingernails

9. Apnea means:

A. without fever
B. absence of respiration
C. slow pulse
D. noisy or snoring respiration

10. When counting the respirations, count:

A. the inspiration and expiration as one
B. each movement of inspiration and expiration separately
C. the inspiration only
D. the pulse at the same time

11. Difficult respirations are called:

A. dicrotic
B. Kussmaul
C. apnea
D. dyspnea

12. Abnormal respirations marked by a cycle which begins with slow, shallow respirations and gradually becomes deep and rapid and then stops briefly are called:

A. dyspnea
B. orthopnea
C. Cheyne-Stokes
D. Kussmaul

13. A position that the patient may require for easier breathing is called:

A. recumbent
B. orthopnie
C. Fowler's
D. Trendelenburg

14. A normal pulse feels strong and full. This is referred to as the:

A. volume
B. pulse deficit
C. rhythm
D. rate

15. The pulse feels weak and thin. This is called:

A. arrhythmia
B. dicrotic
C. rhythm
D. thready

16. The rectum is a more tightly enclosed area than the mouth. You would expect the rectal temperature to be:

A. one degree higher than the oral temperature
B. eight-tenths of a degree higher than the oral temperature
C. one degree lower than the oral temperature
D. the same as the oral temperature

17. When taking the patient's temperature rectally, the best position for the patient is called the:

A. Trendelenburg
B. lithotomy
C. Sims's
D. supine

18. Before taking an axillary temperature, it is most important to:

A. rub the arm to increase circulation
B. dry the armpit by patting the area with dry towel
C. help the patient to a sitting position
D. turn the patient onto her/his back

19. A situation which could account for a thermometer reading higher than the normal oral reading, although the patient actually does not have a fever, is:

A. a person sitting up in a chair
B. a person wearing complete dentures
C. a person habitually taking antiduretics
D. failure to shake down the thermometer before taking the temperature

20. The site to place the diaphragm or bell of the stethoscope on a patient for whom apical pulse has been ordered by the physician is:

A. on the right side of the chest near midsternum
B. on the right side of the chest below the nipple line
C. on the left side of the chest below the nipple line
D. over the left brachial artery

21. When the spaces or intervals between pulse beats are uneven, the pulse is said to be:

A. weak
B. irregular in volume
C. irregular in rhythm
D. bounding

22. In order to gain the most accurate count of an irregular pulse, it is most important to:

A. apply more pressure on the artery
B. use the thumb to count the pulse because it is more sensitive
C. use only one finger
D. count the pulse for one full minute

23. The normal rate of pulse varies with sex and age. Which of the following is true?

A. You would expect an infant's pulse to be slower than an adult's pulse
B. As a rule, a man's pulse will be slower than a woman's pulse
C. You would expect a woman's pulse to be slower than a man's pulse
D. You would expect an adolescent's pulse to be slower than an adult's pulse

24. When taking blood pressure, the stethoscope disc is placed over the:

A. brachial vein
B. radial artery
C. heart apex
D. brachial artery

25. The blood pressure is recorded by numbers. The highest point reached by the contraction of the heart is called:

A. diastolic
B. pulse deficit
C. systolic
D. pressure

26. The rate of a pulse refers to the:

A. force of the beat
B. number of beats per minute
C. rhythm of the beats
D. strength or weakness of the beats

27. The most accurate method of obtaining the body temperature is measuring the:

A. oral temperature
B. rectal temperature
C. axillary temperature
D. femoral temperature

28. The best position for the patient to be in when the nurse is taking the TPR is:

A. standing in a relaxed manner
B. sitting comfortably
C. lying down
D. lying down or in a relaxed comfortable position

29. Normal range of body temperature when measured orally is:

A. 99°-106° F
B. 96°-98.6° F
C. 97.6°-99° F
D. 97°-101° F

30. Upon removing the rectal thermometer, you discover it is covered with feces. Correctly, you would:

A. remove the feces from the thermometer and read and chart the reading
B. report your finding to the charge nurse
C. insert a glycerine suppository to help the patient defecate and then take the rectal temperature again
D. take the temperature by axilla, being sure to mark it "ax"

31. When taking a rectal temperature, it is most important for the nurse to:

A. keep the patient on her/his left side
B. insert the thermometer so that it is beyond the sphincter muscle
C. use a lubricant with an oil base
D. hold the thermometer in place while the temperature is being taken

32. The most common sites for taking a pulse are:

A. the ankle and wrist
B. over the jugular vein and at the wrist
C. the wrist, temple, and carotid
D. the wrist and knee

33. A rectal temperature of 99.4° F is considered to be:

A. lower than normal
B. higher than normal
C. only three degrees above the normal range
D. within the normal range

34. In which of the following situations would it be necessary to take a temperature rectally?

A. After rectal surgery
B. When the patient is unconscious
C. When an axillary temperature cannot be taken
D. When the patient is under 12 years of age

35. Before inserting a clinical thermometer, it is necessary to shake down the thermometer so that it registers:

A. at least as low as room temperature
B. below 96^{o} F
C. lower than the patient's temperature at last reading
D. all the way down to the tip at the end of the thermometer

36. Blood pressure is best defined as the:

A. rate of the heartbeat
B. amount of force exerted by the blood against the walls of the blood vessels
C. amount of force exerted by the walls of the arteries as they constrict
D. strength of the heartbeat

37. When taking blood pressure, the last sound heard through the stethoscope is called the:

A. diastolic pressure
B. pulse pressure
C. systolic pressure
D. venous pressure

38. When wiping a thermometer clean after removing it from the patient's mouth or rectum, the nurse must be sure to:

A. wipe in the direction of the bulb, away from the fingers holding the thermometer
B. wipe toward the fingers holding the thermometer
C. rinse in cold water before wiping the thermometer
D. wash with hot soapy water before wiping the thermometer

39. An axillary temperature is taken by placing the thermometer:

A. under the forearm
B. so that the bulb is in the armpit
C. on the inner arm at the elbow and then bending the arm
D. so that the thermometer is held lengthwise between the upper arm and chest

40. In order to obtain an accurate blood pressure reading, it is most important that the:

A. patient has received no stimulants, such as coffee or tea, within the past hour
B. patient is lying down
C. arm of the patient is well supported during the procedure
D. cuff is kept inflated for at least two minutes before it is allowed to deflate gradually

41. When counting a patient's respirations, it is most important for the nurse to:

A. count the respirations in such a manner that the patient is not aware of it
B. ask the patient to lie down so an accurate count can be obtained
C. always count the respirations before the pulse is taken
D. always count the respirations while a thermometer is in the patient's mouth

42. Stertorous breathing refers to:

A. shallow respirations
B. difficult breathing
C. a noisy or snoring type of breathing
D. cessation of breathing

43. The normal rate of respiration varies with age. Which of the following statements best describes this variation in normal rates of respiration?

A. An infant's rate of respiration is almost half the adult rate
B. The older a person, the higher the rate of respiration
C. An infant's rate of respiration is normally much higher than an adult's rate
D. Elderly persons normally have a very high rate of respiration

44. Hypotension refers to:

A. an abnormally high blood pressure
B. any abnormal blood pressure
C. an abnormally low blood pressure
D. a normal blood pressure

45. The average adult's pulse rate varies from:

A. 60 to 70 beats per minute
B. 72 to 100 beats per minute
C. 60 to 100 beats per minute
D. 60 to 80 beats per minute

46. The normal adult's respiratory rate is:

A. 16 per minute
B. 12-25 per minute
C. 14-18 per minute
D. 18-24 per minute

47. A blood pressure is considered elevated if it is:

A. 120/80
B. 150/100
C. 100/70
D. 140/90

48. The oral thermometer should be left in place for:

A. 1 minute
B. 2 minutes
C. 3-5 minutes
D. 6 minutes

49. If a patient has just finished drinking a cup of hot coffee before his/her temperature is to be taken, the nurse should know that:

A. a rectal temperature is contraindicated
B. an oral temperature should not be taken for at least 10 minutes
C. this will have no effect on an oral temperature
D. the patient's temperature must be taken rectally

50. If a blood pressure reading is to give <u>valuable</u> information, it will be necessary for the doctor and the nurse to:

A. know the patient's age, previous illnesses, and medication being taken
B. know the patient's attitude toward the procedure
C. get the same reading
D. know the patient's normal blood pressure reading

51. The nurse could expect a blood pressure to be higher if the:

A. lumen of the blood vessels are dilated
B. walls of the blood vessels are rigid
C. blood is thinner than normal
D. patient is a male

52. A blood pressure reading that would be considered normal for a 20-year-old man would be:

A. 140/72
B. 120/80
C. 120/64
D. 130/72

53. Symptoms of shock can be observed by the nurse by the time the blood pressure reading is:

A. 90 or below, systolic pressure
B. 90 or below, diastolic pressure
C. Higher for the diastolic than for the systolic pressure
D. Irregular

54. The heartbeat is increased during a hemorrhage because the heart is:

A. under greater pressure
B. pumping blood that is thicker
C. trying to provide all the tissue cells with sufficient CO_2
D. trying to make a smaller amount of blood do all the work

55. The increased amount of work the heart must do when the patient hemorrhages will produce a pulse that is:

A. irregular
B. slow and forceful
C. dyspneic
D. rapid and thready

56. The hemorrhaging patient will become thirsty because:

A. tissue fluid is being used to increase the volume of circulating blood
B. the tissues lack an adequate supply of oxygen
C. fluid accumulates, which causes edema in the tissues
D. the heart does not distribute the blood evenly to all parts of the body

57. The nurse should suspect the patient is hemorrhaging, even though no blood is evident, if the patient suddenly becomes:

A. cyanotic
B. restless
C. dyspneic
D. flushed and hot

58. The application of hot water bottles to increase the body temperature of a shock patient can be dangerous because:

A. the electrolyte balance can be greatly upset by even limited perspiration
B. it will speed up the heartbeat
C. the patient will become drowsy and slip into a coma
D. it dilates the surface blood vessels and draws blood from the vital organs

59. The difference between the apical and radial pulses is called the:

A. pulse pressure
B. pulse difference
C. pulse rate
D. pulse deficit

VITAL SIGNS
ANSWER SHEET

1. B	21. C	41. A
2. C	22. D	42. C
3. A	23. B	43. C
4. D	24. D	44. C
5. C	25. C	45. D
6. B	26. B	46. C
7. D	27. B	47. D
8. A	28. D	48. C
9. B	29. C	49. B
10. A	30. A	50. A
11. D	31. D	51. B
12. C	32. C	52. B
13. B	33. D	53. A
14. A	34. B	54. D
15. D	35. B	55. D
16. A	36. B	56. A
17. C	37. A	57. B
18. B	38. A	58. D
19. D	39. B	59. D
20. C	40. C	

[redacted]

REST AND SLEEP
APPLI. OF HEAT AND COLD

APPLICATION OF HEAT AND COLD
AND
REST AND SLEEP
UNITS XII AND XIII

1. Moist heat applications are more effective than dry heat applications in:

   A. stopping bleeding by constricting blood vessels
   B. slowing the inflammatory process
   C. producing an area of local anesthesia
   D. promoting pus formation and wound drainage

2. When the skin is exposed to prolonged, intense applications of cold, it becomes:

   A. more sensitive to pain
   B. excoriated
   C. mottled
   D. jaundiced

3. A hot water bottle should be dried before it is covered and applied chiefly because:

   A. moist heat is more penetrating than dry heat and the patient may be burned if the cover is wet
   B. the patient's confidence in the nurse's ability may be undermined
   C. the evaporating water on the cover will make the hot water bottle cool too quickly
   D. moist heat is less effective than dry heat

4. To test an ice bag or ice collar for leakage, it is best to:

   A. fill the bag or collar with ice and squeeze it to see if air escapes
   B. fill it with water and check for leaks
   C. fill it with ice and wait for 15-30 minutes to see if it leaks
   D. check the bag frequently to see if the cover is wet

5. A patient is unable to sleep at night. Which nursing measure might the nurse use <u>first</u> to help induce sleep?

   A. Change the linens
   B. Give the patient a book to read
   C. Give a backrub
   D. Visit with the patient

6. Which measure would probably help a patient to rest during the midafternoon?

   A. Suggest that the patient find a quiet activity that can be done in bed
   B. Close the window drapes
   C. Encourage the patient to lie quietly in bed
   D. Make plans for return to work

7. Heat from a hot water bottle is transferred by:

   A. conduction
   B. convection
   C. radiation
   D. evaporation

8. Before an Aqua K-Pad is applied, the nurse must:

   A. be sure it is in good repair
   B. be sure the control unit is below the level of the pad
   C. warn the patient that an electric heating pad is dangerous
   D. remove the thermostat so the patient cannot adjust the temperature

9. Heat may be applied to the body for all of the following reasons except:

   A. to promote muscular relaxation
   B. to help localize an infection
   C. to promote drainage from wounds
   D. to help control hemorrhage

10. When moderate heat is applied to the body, the surface blood vessels:

    A. dilate
    B. constrict
    C. move closer to the surface of the body
    D. lose their elasticity

11. When applying heat of any type to a patient, the nurse must remember that:

    A. prolonged applications of heat will decrease circulation to the part
    B. heat cannot be tolerated by the body for more than one hour
    C. infants and elderly persons are usually more easily burned than other patients
    D. heat stimulates the growth of bacteria

12. The recommended temperature for water used to fill a hot water bottle is:

A. 110°-116° F
B. 90°-100° F
C. 120°-130° F
D. 65°-75° F

13. The main reason for filling a hot water bottle only half full of water is to:

A. avoid having to change the water often
B. prevent excess weight on the part to which it is applied
C. prevent stretching of the rubber
D. prevent cracking of the rubber

14. Before a heating pad is applied, the nurse must:

A. be sure it is in good repair, having no exposed wires
B. check the cover to be sure it is not too thick
C. remove the thermostat so the patient cannot adjust the temperature
D. warn the patient that electric heating pads are very dangerous

15. The application of cold to the body has the effect of:

A. increasing circulation to the part to which it is applied
B. promoting muscular relaxation
C. constricting blood vessels and reducing circulation to the part to which it is applied
D. speeding up the process of inflammation

16. After an ice bag or ice collar has been applied, it usually must be refilled at least every:

A. 15 minutes
B. 5 hours
C. 30 minutes
D. 2 hours

17. A perineal irrigation is done for the purpose of cleansing the:

A. vaginal canal
B. abdominal cavity
C. vulva or external genitalia
D. anal canal

18. The vaginal surface lies in folds. When instructing the patient in giving a douche, you should tell her that the vagina will be cleaned more effectively if she will:

A. elevate the container of liquid as high as possible so the solution flows with a maximum force
B. use a very strong Lysol solution
C. use a solution that is at least 125° F
D. gently rotate the douche nozzle while the irrigating fluid is flowing

19. To be sure that an irrigation procedure has the desired effect without harming body tissues, it is most important to:

A. use a steady, gentle stream to cleanse the area being irrigated
B. ask the patient to notify you when the irrigation becomes painful
C. allow the solution to trickle onto the area being irrigated
D. use only small gauge tubing for the irrigation

20. When administering an irrigation of any kind, the nurse must remember that:

A. the higher the vessel containing the liquid, the greater the pressure of the irrigating fluid
B. the higher the vessel containing the liquid, the less the pressure of the irrigating fluid
C. the lower the vessel containing the liquid, the higher the pressure of the irrigating fluid
D. it is the concentration of the liquid and not the level of the container that effects the pressure of the fluid

21. Since irrigations are often ordered for the purpose of cleansing an inflammed or infected part of the body, it is most important for the nurse to:

A. always use disinfectant solutions
B. use sterile solutions for all irrigations
C. allow enough pressure so that the irrigating fluid thoroughly washes all tissue surrounding the affected part
D. use only enough pressure to reach the affected area but not enough to force fluid beyond that point

22. Sterile equipment should be used in applying heat and cold when:

A. you are using moist heat only
B. you are using dry heat or cold
C. in the presence of an open wound
D. you feel that an infection may be present in the area

23. The Aqua-K Pad is used with:

A. dry applications of heat or cold
B. moist applications of heat or cold
C. moist applications of heat only
D. dry or moist applications of heat

24. All of the following are precautions in the application of moist heat except:

A. preparing the area with oil or ointment
B. checking the temperature of the pack or moist heat application before applying
C. watching for signs of redness
D. not changing or renewing heat until the time limit for the application has passed

25. During an application of cold, you would watch for all of the following signs except:

A. redness of the skin
B. circulatory distress
C. frostbite
D. mottling of the skin

26. For which of the following might an ice bag be applied?

A. Promotion of suppuration
B. Relief of congestion in an area
C. Stimulation of circulation to a body part
D. Reduction of circulation to a body part

27. The following are all considered applications of heat except:

A. a sitz bath
B. warm-moist packs
C. the use of an electric hot pad
D. tepid water sponge

APPLICATION OF HEAT AND COLD
ANSWER SHEET

1. D
2. C
3. A
4. B
5. C
6. B
7. A
8. A
9. D
10. A
11. C
12. C
13. B
14. A
15. C
16. D
17. C
18. D
19. A
20. A
21. C
22. C
23. D
24. D
25. A
26. D
27. D

[redacted]

ADM. EXAM., TRANSF.
DISCHG. COLL SPEC.

ADMISSION, EXAMINATION, TRANSFER, DISCHARGE
AND
COLLECTING SPECIMENS
UNITS XIV AND XV

1. The first thing you should do when admitting a patient is:

   A. orient the patient to the unit
   B. ascertain and meet immediate needs
   C. take TPR and BP
   D. make a baseline assessment

2. When orienting a patient, which of the following is not necessary information?

   A. The location of the utility room and kitchenette
   B. How to call the nurse
   C. The location of the bathroom
   D. How to operate the bed

3. If a patient is very distraught when being admitted, you should:

   A. hurry as quickly as possible
   B. go slowly to provide calmness
   C. temporarily omit routine items
   D. continue with regular admission procedure as usual

4. If a volunteer is available to assist with admission, which task would be most appropriate to delegate to the volunteer?

   A. Baseline assessment
   B. Ascertaining immediate needs
   C. Orienting to the unit
   D. Charting data

5. The nurse cannot remove a deceased patient's wedding ring. To be sure it will <u>not be lost</u>, the nurse will:

   A. note on the chart that the ring was left on the patient's finger
   B. tell the relatives that they must be responsible for it
   C. place a strip of gauze under the ring and fasten the gauze at the wrist
   D. make the mortician sign a statement that the ring was on the body when the mortician accepted it

6. The cleaning that is done in a patient unit after the patient has been discharged is correctly called:

   A. fractional
   B. terminal
   C. bacteriostasis
   D. concurrent

7. The procedure for admission to the hospital gives the nurse a good opportunity:

A. to clean the patient
B. to list carefully all items of the patient's clothing
C. to observe objective and subjective symptoms
D. to notify the nutritionist so that meals will not be omitted

8. If you were instructing a patient in the correct method for obtaining a mid-stream urine specimen, it would be best to tell the patient:

A. "Please collect only the urine that is left after you have voided about one cup-full."
B. "You should void a small amount first to cleanse the urinary passage and then void into the specimen cup."
C. "Your bladder must be emptied completely; then you should drink a glass of water and save a specimen the next time you urinate."
D. When you feel a strong urge to urinate, please void a small amount into the specimen cup."

9. A patient has a very valuable jeweled ring. You would suggest:

A. keeping it on the patient
B. the patient hide it well in a suitcase
C. keeping it at that nursing station
D. putting it in the office safe

10. You are concerned that an elderly patient may be developing edema. The best source for the data is:

A. the patient record
B. a general observation
C. a complete physical examination
D. an interview

11. Postmortem care will be easier if, as soon as the patient dies, the nurse will:

A. remove all dressings and drains
B. remove the false teeth
C. fasten identification tags on the ankle and wrist
D. place the body in good alignment

12. The admission of a patient on a stretcher will be faster and smoother because the nurse has prepared for the patient's arrival by:

A. getting all charting materials in order
B. assembling and preparing equipment that will be needed in the care of this patient
C. loosening the top bedding and fan folding it to the foot of the bed
D. finding out as much as possible about the new patient

13. The amount of urine considered adequate for most laboratory tests would be:

A. 20-30 ml
B. 40-60 ml
C. 300-500 ml
D. 60-100 ml

14. A sterile specimen of urine is obtained by:

A. asking the patient to void in a sterile bedpan
B. catheterizing the patient
C. cleansing the external genitalia before collecting the specimen
D. having the patient void directly into a specimen bottle

15. A specimen of urine that includes all urine voided by the patient between 7:00 a.m. one day and 7:00 a.m. the following day is called a:

A. clean-voided specimen
B. specimen of the total output
C. liquid tolerance test
D. 24-hour specimen

16. The best time for collecting a sputum specimen is:

A. at bedtime
B. in the mid-afternoon
C. just before breakfast
D. just after breakfast

17. A sputum specimen must contain:

A. material coughed up from the lungs and bronchi
B. nasal secretions
C. gastric contents
D. material produced by the salivary glands

18. A stool specimen consists of:

A. urine
B. sputum
C. fecal material
D. blood samples

19. Even though the admission procedure varies in institutions, the one basic principle that never changes is:

A. time is not to be wasted and the procedure must be completed as quickly as possible
B. all patients are nervous when they are admitted into the hospital
C. the patient's first impression of the hospital is nearly always a bad one
D. courtesy and interest in the patient are of primary importance during the admission procedure

20. When a patient brings valuables, such as money or jewelry, to the hospital, the person responsible for proper care of these valuables is the:

A. nurse admitting the patient
B. hospital administrator
C. physician in charge of the patient
D. patient

21. If a patient decides to leave the hospital against the advice of the physician, the nurse must:

A. send a written report to the local police department
B. ask the patient to sign a release, relieving the hospital and physician from responsibility
C. restrain the patient by whatever means necessary
D. warn the patient that he/she can never be readmitted to the hospital once he/she leaves

22. During a physical examination, the physician may detect sounds produced by various organs of the body by using the:

A. otoscope
B. stethoscope
C. speculum
D. percussion hammer

23. When a physician examines a part of the body by palpation, it is the nurse's main responsibility to:

A. provide adequate lighting
B. have the necessary instruments on hand
C. help the patient relax and cooperate with the physician
D. distract the patient's attention from the procedure

24. While the physician is examining the chest by percussion, the patient should be:

A. lying on his/her back
B. sitting upright
C. lying on his/her left side with right knee flexed
D. in the lithotomy position

25. The instrument used to examine the eye is called the:

A. ophthalmoscope
B. otoscope
C. stethoscope
D. speculum

26. The nurse can help a patient relax and feel more at home in the hospital by:

A. taking time to explain the hospital routine and to show the patient where the bathroom, call light, etc. are located
B. telling the patient not to worry because many people have had this same type of surgery
C. telling the other patients in the ward how worried the new patient is so they can cheer up the new patient
D. ignoring the patient's worries because all patients having surgery are upset when they are admitted

27. If a patient tells the nurse that the rash on her/his arms and legs is from an allergy to a medication, the nurse should:

A. tell the patient not to worry because he/she probably won't receive that medication while in the hospital
B. record observations of the rash and the patient's statement about the cause
C. realize that this is not an unusual situation because allergies are very common
D. conclude that the patient's rash is probably the result of nervousness rather than an allergy

28. While assisting a patient onto the examination table and draping the patient for examination, the nurse must be especially careful to:

A. avoid chilling the patient
B. provide adequate lighting
C. assemble the needed instruments
D. avoid unnecessary exposure of the patient

29. If a stool specimen is to be examined for amebae, it is especially important for the specimen to be kept:

A. refrigerated until examined
B. warm until examined
C. in an airtight container
D. in a sterile container

30. A culture is done by:

A. destroying all bacteria in a specimen
B. examining the specimen for hidden blood
C. growing bacteria under special laboratory conditions
D. examining the specimen for ova (eggs) of bacteria

31. A patient is admitted to the hospital for the very first time. The patient is convinced that her/his illness is terminal cancer. This patient is very gruff and unpleasant during the admission procedure. The patient can probably be helped most if the nurse:

A. displays a sense of humor and encourages the patient to laugh
B. ignores the patient's bad disposition and leaves the room as quickly as possible after admission
C. if frank and tells the patient that things could be worse and there is no excuse for bad manners
D. realizes that fear is probably causing the patient to act this way and offers reassurance and interest in the patient's problems

32. Clinitest and Acetest are tests for:

A. bilirubin and phosphatose
B. urea and bacteria
C. sugar and protein
D. glucose and ketones

33. When obtaining a clean-catch urine specimen, the nurse:

A. provides for and instructs the patient in cleaning the vulva
B. provides the patient with a sterile urine specimen cup
C. provides for and instructs the patient in cleaning the meatus
D. makes sure the patient understands the principles behind aseptic technique

34. When assisting with the collection of a specimen for culture, the nurse must remember that this specimen is most likely to be:

A. highly contaminated with living bacteria
B. a stool specimen
C. a large amount, usually 500 ml
D. collected by a laboratory technician or physician

35. The container for a specimen for culture must be:

A. covered with a gauze square
B. plugged with cotton
C. filled completely
D. examined carefully for cracks or chips before it is used

36. After a patient is placed on the bed, the nurse must get the patient undressed and into a hospital gown. The nurse recognizes how frightened both the patient and patient's family are of this hospital experience. The nurse could best reduce these fears by asking the family:

A. to wait in the lobby until the patient is ready for visitors
B. to come back during the evening visiting hours
C. to stay in the room and assist with the admission procedure
D. what financial arrangements they intend to make for the patient's care

37. An otoscope is:

A. an instrument for examining the eyes
B. an instrument for examining the ears
C. a small, narrow tube for drawing off or injecting fluids into body openings
D. an instrument inserted into the rectum to enable the physician to actually see and examine it

38. The best time for collecting a sputum specimen is:

A. at bedtime
B. early in the morning
C. in the afternoon
D. when the patient is nauseated

39. The nurse is preparing the patient for discharge. Which would be the most appropriate statement to the patient?

A. "You can pack your clothes."
B. "I will pack your clothes."
C. "While you're packing, I will remove the linens."
D. "I will help you when you get ready to go home."

40. A simple test used to determine both sugar and acetone content in the urine is the:

A. Tes-tape
B. Clinitest
C. Acetest
D. Keto-diastix

41. The doctor has ordered a mid-stream or clean-catch urine specimen for culture and sensitivity. You know that:

A. the patient will be catheterized
B. the specimen must be as free as possible from contamination
C. the procedure is the same as obtaining a routine UA
D. a sterile specimen container is used

42. A stool specimen should be sent to the laboratory immediately after collection, chiefly because:

A. deterioration of the specimen begins almost immediately
B. it is unsightly
C. there is more danger of contaminating the environment than with most specimens
D. the odor of the stool specimen increases as it stands

ADMISSION, EXAMINATION, AND TRANSFER
ANSWER SHEET

1. B	21. B	41. B
2. A	22. B	42. A
3. B	23. C	
4. C	24. B	
5. C	25. A	
6. B	26. A	
7. C	27. B	
8. B	28. D	
9. D	29. B	
10. B	30. C	
11. D	31. D	
12. B	32. D	
13. A	33. D	
14. B	34. A	
15. D	35. D	
16. C	36. C	
17. A	37. B	
18. C	38. B	
19. D	39. D	
20. A	40. D	

[redacted]

ANATOMY AND PHYSIOLOGY

BASIC CONCEPTS AND POINTS OF REFERENCE

BASIC CONCEPTS OF PHYSICAL AND LIFE SCIENCE
AND
POINTS OF REFERENCE FOR THE STUDY OF THE BODY
UNITS I, II, AND III

1. Membranes that line closed cavities are:

   A. mucous
   B. cutaneous
   C. synovial
   D. serous

2. Two solutions having the same osmotic pressures are said to be:

   A. hypertonic
   B. isotonic
   C. hypotonic
   D. metabolic

3. Bone tissue is an example of:

   A. epithelial tissue
   B. connective tissue
   C. muscle tissue
   D. nerve tissue

4. Intracellular fluid is found in the:

   A. tissue spaces
   B. blood
   C. body cells
   D. lymph

5. The principle intracellular electrolyte is:

   A. sodium
   B. potassium
   C. calcium
   D. magnesium

6. The principle extracellular electrolyte is:

   A. sodium
   B. potassium
   C. calcium
   D. magnesium

7. A substance with a neutral pH would have a:

   A. pH 7
   B. pH 7.45
   C. pH 6.5
   D. pH 8

8. A symptom of dehydration is:

A. polyuria
B. turgor
C. edema
D. weight gain

9. Cellulose is:

A. easily digested
B. not easily digested
C. a protein
D. used to slow down peristalsis

10. In the body, cellulose aids:

A. digestion
B. absorption
C. elimination
D. metabolism

11. An example of a body part that would be described as DISTAL to the patella is the:

A. lungs
B. shoulder
C. liver
D. big toe

12. The functional unit of the entire body is the:

A. blood
B. cell
C. nerve
D. oxygen

13. The nucleus is an important part of any cell because it:

A. nourishes the cell
B. produces body energy
C. stimulates elimination of cell wastes
D. is responsible for cell growth and reproduction

14. When a group of several different organs work together to do a job, it is known as:

A. homeostasis
B. an organ
C. a gland
D. a system

15. The semipermeable cell membrane makes it possible for the cell to:

A. filter out invading bacteria
B. admit food materials
C. select material to enter and waste products to eliminate
D. control the size of the cell pores

16. The basic "stuff" of which all living things are made is:

A. carbohydrates
B. protoplasm
C. fat
D. oxygen

17. The hypertonic solution is described as one that is:

A. less concentrated than intracellular fluid
B. more concentrated than intracellular fluid
C. of the same concentration as tissue fluid
D. too dangerous to give a human

18. The combination of food substances and oxygen within the cell will produce:

A. fatigue
B. fever and dehydration
C. a feeling of hunger
D. heat and energy

19. The outer covering of the cell is the:

A. nucleus
B. Nissl bodies
C. cell membrane
D. chromatin

20. The word <u>secretion</u> means:

A. the production of substances by some part of the body
B. the pouring out of substances into a body part for use by the cells
C. passing waste substances out of the body
D. elimination

21. The structure in the nucleus that transmits hereditary characteristics is the:

A. mitochondria
B. chromatin material
C. centrosome
D. cytoplasm

22. The study of the structure of the various parts of the body is called:

A. hygiene
B. physiology
C. anatomy
D. psychology

23. When we study about the functioning of the organs and systems, it is called:

A. hygiene
B. physiology
C. anatomy
D. growth and development

24. The ventral surface of the body is the:

A. right side
B. left side
C. back
D. front or abdomen

25. The term dorsal means:

A. posterior or toward the back
B. anterior or toward the front
C. posterior or toward the front
D. anterior or toward the back

26. Liquids pass through a cell wall by:

A. hydration
B. saline
C. osmosis
D. filtration

27. The straw-colored fluid that is part of the blood is called:

A. lymph
B. plasma
C. tissue fluid
D. serous fluid

28. In what relationship is the elbow to the shoulder?

A. Distal
B. Anterior
C. Superior
D. Proximal

29. The head area of the body is called:

A. caudal
B. cranial
C. inferior
D. axial

30. The abdominal cavity contains the:

A. heart
B. cerebrum
C. stomach
D. trachea

31. The thoracic cavity contains the:

A. stomach
B. liver
C. medulla
D. lungs

32. The appendix would be in which quadrant of the body?

A. RLQ
B. LLQ
C. RUQ
D. LUQ

33. Moving a limb away from the midline of the body is referred to as:

A. flexion
B. extension
C. abduction
D. adduction

34. The chemical configuration for sodium chloride is:

A. KCL
B. H_2CO_3
C. NaCL
D. HCL

35. The chromosomes are located in the:

A. cell membrane
B. nucleus
C. cytoplasm
D. mitochondria

36. The powerhouse of the cell is the:

A. gene
B. mitochondria
C. endoplasmic reticulum
D. chromosome

37. The electrolyte in the body that affects the heart is:

A. Na+
B. K+
C. Mg+
D. Cl-

38. The body is composed of millions of:

A. cells
B. tissues
C. organs
D. systems

39. All of the following has a definite weight but indefinite shape and volume except:

A. bones
B. oxygen
C. plasma
D. tissues

40. A property which is not characterist of an acid is a:

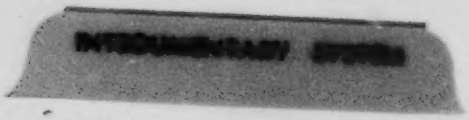
A. bitter taste
B. pH below 7
C. pungent odor
D. sour taste

41. Acids and bases have all the follo s common properties except:

A. being essential to the maintenance of a normal acid-base balance in the body
B. causing certain dyes to undergo a color change
C. having a soapy or slippery feeling
D. reacting with each other to produce salts and water

BASIC CONCEPTS OF PHYSICAL AND LIFE SCIENCE AND
POINTS OF REFERENCE FOR THE STUDY OF THE BODY
ANSWER SHEET

1. D	21. B	41. C
2. B	22. C	
3. B	23. B	
4. C	24. D	
5. B	25. A	
6. A	26. C	
7. A	27. B	
8. B	28. A	
9. B	29. B	
10. C	30. C	
11. D	31. D	
12. B	32. A	
13. D	33. C	
14. D	34. C	
15. C	35. B	
16. B	36. B	
17. B	37. B	
18. D	38. A	
19. C	39. A	
20. B	40. A	



INTEGUMENTARY SYSTEM

INTEGUMENTARY SYSTEM
UNIT IV

1. Which of the following phrases best describes the epidermal layer of the skin?

   A. Composed of stratified squamous epithelial cells that have the ability to regenerate
   B. Contains pigment or melanin
   C. Covering for the body commonly referred to as the true skin
   D. Has the same amount of thickness over the entire body

2. Which layer of the integument attaches the true skin to underlying structures?

   A. Dermis
   B. Epidermis
   C. Epithelial
   D. Subcutaneous or superficial fascia

3. In the following list, what is not an appendage of the skin?

   A. Ceruminous glands
   B. Corium
   C. Hair or nails
   D. Sebaceous glands

4. All of the following help maintain the integrity of the integumentary system except:

   A. care of cuts and regular elimination
   B. exercise, diet, and bodily cleanliness
   C. sleep, sunshine, and fresh air
   D. yearly visits to a dermatologist

5. The outer layer of the skin, the epidermis, consists of layers of:

   A. connective tissue
   B. dead cells
   C. sweat and oil glands
   D. sensitive nerve endings

6. The oil glands of the skin function to:

   A. lubricate the skin
   B. prevent water loss
   C. determine skin color
   D. cause goose pimples

7. The layer of skin containing blood vessels, nerves, lymph vessels, etc., is:

A. subcutaneous
B. epidermis
C. dermis
D. superficial

8. Nails are composed of:

A. epithelial tissue
B. connective tissue
C. muscle tissue
D. serous tissue

9. One of the important functions of the skin is protection. The skin is being protective when it:

A. absorbs the shock of trauma
B. makes the body insensitive to its surroundings
C. keeps infection from entering the body
D. absorbs vitamin C from the sun

10. Stratified epithelial tissue:

A. forms the dermis
B. is formed by one layer
C. contains blood vessels
D. forms the epidermis

11. The kidneys are located in the retroperitoneal space. This means:

A. below the peritoneum
B. above the peritoneum
C. posterior to the peritoneum
D. anterior to the peritoneum

12. The source of aldosterone is the:

A. posterior pituitary gland
B. andrenal cortex
C. antidiuretic gland
D. adrenal corticoid

13. Which relates most directly to the color of the skin?

A. Sebaceous glands
B. Adipose tissue
C. Melanin
D. Vitamin E

14. The outermost layer of the skin is the:

A. dermis
B. epidermis
C. subcutaneous
D. intracutaneous

15. Which of the skin is known as the true skin?

A. Dermis
B. Epidermis
C. Subcutaneous
D. Intracutaneous

16. Sebum is the term for:

A. kidney secretion
B. sweat secretion
C. oily secretion
D. diaphoresis

17. Sunshine converts cholesterol in skin tissues to:

A. vitamin C
B. vitamin E
C. vitamin B
D. vitamin D

18. All of the following are diseases of the skin with the exception of:

A. athlete's foot
B. acne vulgaris
C. eczema
D. measles

19. When a patient is admitted to the hospital with a skin disease, the nurse should:

A. scrub the affected areas well with soap and water to remove the unsightly crust and exudate
B. remove all dressings and bandages and apply dry sterile compresses to the skin lesions
C. give the patient a tub bath using a mild disinfectant solution in the bath water
D. observe the patient's skin very carefully and record observations

INTEGUMENTARY SYSTEM
ANSWER SHEET

1. C
2. D
3. B
4. D
5. B
6. A
7. C
8. A
9. C
10. D
11. C
12. B
13. C
14. B
15. A
16. C
17. D
18. D
19. D

[redacted]

SKELETAL SYSTEM

SKELETAL SYSTEMS
UNIT V

1. The bone in the upper arm is the:

   A. humerus
   B. radius
   C. ulna
   D. clavicle

2. The collarbone is the:

   A. scapula
   B. humerus
   C. sternum
   D. clavicle

3. The breastbone is the:

   A. sternum
   B. scapula
   C. clavicle
   D. humerus

4. Movable joints are filled with a fluid that acts as:

   A. an adhesive to hold bones together
   B. a passageway for nutrients
   C. a barrier against infection
   D. a lubricant to prevent friction

5. The knee joint is an example of a:

   A. ball-and-socket joint
   B. hinge joint
   C. pivot joint
   D. gliding joint

6. The end of one bone can move smoothly over the end of another bone because the joint lining produces:

   A. tissue fluid
   B. a lubricating oil
   C. a smooth cartilage
   D. synovial fluid

7. The kind of joint located between two bone ends will determine the:

   A. work the body part can do
   B. efficiency of the body part
   C. amount of movement possible for the body part
   D. amount of body weight the body part can carry

8. The bone above the knee is the:

A. tibia
B. femur
C. fibula
D. humerus

9. The cranium and sternum are examples of:

A. long bones
B. irregular bones
C. flat bones
D. short bones

10. The two minerals most important in the formation of bones are:

A. iron and calcium
B. phosphorus and calcium
C. sodium and iron
D. phosphorus and sodium

11. The two pairs of floating ribs:

A. articulate anteriorally with each other
B. do not articulate anteriorially with anything
C. articulate anteriorally with the sternum
D. articulate anteriorally with the 8-9-10 pair of ribs

12. Another name for the forehead bone is:

A. frontal
B. parietal
C. temporal
D. occipital

13. What bone forms the central side of the cranium around the ear?

A. Frontal
B. Parietal
C. Temporal
D. Occipital

14. What is the predecessor of the cranial bones and the covering of the fontanels?

A. Cartilage
B. Tendons
C. Ligaments
D. Membranes

15. The predecessor of most bones and the substance which composes most children's bones is:

A. cartilage
B. tendons
C. ligaments
D. membranes

16. The longest bone of the human body is the:

A. tibia
B. humerus
C. femur
D. vertebrae

17. The ulna is an example of a long bone. The cavity in the shafts of long bones is filled with

A. red marrow
B. yellow marrow
C. blood vessels and lymph vessels
D. strong fibrous tissue

18. The radius is located:

A. in the upper part of the arm
B. on the thumb side of the lower arm
C. on the little finger side of the lower arm
D. at the shoulder joint

19. The most important substance in the diet for good bone development is:

A. iodine
B. salt
C. calcium
D. sugar

20. What type of pelvis is the female pelvis?

A. Android
B. Anthropoid
C. Gynecoid
D. Platpelloid

21. Another name for the knee cap is:

A. tarsal
B. tibia
C. carpals
D. patella

22. Cartilage is different from bone because of its lack of:

A. osseous tissue
B. protein
C. mineral deposits
D. protoplasm

23. The human body continues to increase in height as long as bone growth continues in the:

A. red bone marrow
B. yellow bone marrow
C. epiphyses
D. diaphyses

24. The upper vertebrae in the neck region are the:

A. 5 lumbar vertebrae
B. 7 cervical vertebrae
C. 12 thoracic vertebrae
D. 1 sacrum

25. A good example of a flat bone in the human body is the:

A. humerus
B. skull
C. femur
D. ossicles

26. The bones that carry the greatest body weight must have a greater amount of tissue called:

A. dense or compact
B. spongy
C. red bone marrow
D. periosteum

27. The greatest amount of red bone marrow in the adult can be found in the:

A. dense body tissue
B. periosteum
C. diaphyses of long bones
D. flat bones

28. The lines of bone junctions are called:

A. neurons
B. sutures
C. joints
D. sinuses

29. The cranium and sternum are used for pr[illegible]ction and formation of red blood cells. They are examples of:

A. sesamoid bones
B. flat bones
C. long bones
D. short bones

30. The shin bone is the:

A. tibia
B. fibula
C. humerus
D. femur

31. The shoulders are an example of which type of joint?

A. Ball-and-socket
B. Pivot
C. Hinge
D. Saddle

32. Full movement in all directions is a feature of the joint between the:

A. scapula and humerus
B. femur and tibia
C. phalanges and metacarpals
D. cranium and vertebrae

33. The periosteum is the:

A. spongy material that fills the bone cavity
B. inner lining of the bone
C. outer covering of the bone
D. outside layer of bone that contains minerals

34. The bones of the ankle are the:

A. carpals
B. tarsals
C. zygoma
D. hyoid

35. The upper teeth are embedded in the:

A. mandible
B. maxilla
C. zygoma
D. mastoid process

36. The radius and ulna articulate with the:

A. femur
B. carpals
C. phalanges
D. tarsals

37. The study of the bones is called:

A. osteology
B. axialogy
C. sinosology
D. arthrology

38. Ligaments are tough, fibrous bands which:

A. store minerals
B. bind bones together
C. attach muscles to bones
D. line the center of bones

39. The flat bone forming the anterior part of the thoracic cavity is the:

A. scapula
B. sternum
C. clavicle
D. humerus

40. The part of the bone that manufactures red blood cells is called:

A. periosteum
B. red marrow
C. yellow marrow
D. compact bone marrow

41. The axial skeleton:

A. is the bony framework of the head and the trunk
B. contains 126 bones
C. includes the shoulder girdle
D. includes the upper and lower extremities

42. A narrow edge or ridge of bone is a:

A. fossa
B. crest
C. foramen
D. condyle

43. The science which deals with the study of joints is:

A. cytology
B. hystology
C. arthrology
D. osteology

44. The point where bones are joined together is a/an:

A. articulation
B. fontanel
C. suture
D. tuberosity

45. Which of the following is not a part of a long bone?

A. Synovial membrane
B. Diaphysis
C. Epiphysis
D. Epiphyseal cartilage

46. Which of the following is not a bone marking?

A. Head
B. Condyle
C. Process
D. Opening

47. An immovable joint is a/an:

A. diarthrosis
B. amphyarthrosis
C. synarthrosis
D. pivot joint

48. Which of the following is not true about bone growth?

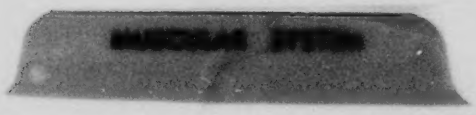
A. The female skeleton is lighter than the male skeleton
B. The female skeleton matures more slowly than the male skeleton
C. Growth ends with adolesence
D. Bones become brittle with age

49. Which characteristic is not true about the female pelvis?

A. The coccyx is less flexible in the female than in the male
B. The arch is wider in the female pelvis than in the male pelvis
C. The female pelvis is more shallow and broader than the male pelvis
D. The bones are lighter in the female pelvis than in the male pelvis

SKELETAL SYSTEM
ANSWER SHEET

1. A	21. D	41. A
2. D	22. C	42. B
3. A	23. C	43. C
4. D	24. B	44. A
5. B	25. B	45. A
6. D	26. A	46. D
7. C	27. D	47. C
8. B	28. B	48. B
9. C	29. B	49. A
10. B	30. A	
11. B	31. A	
12. A	32. A	
13. C	33. C	
14. D	34. B	
15. A	35. B	
16. C	36. B	
17. B	37. A	
18. B	38. B	
19. C	39. B	
20. C	40. B	



Muscular System

MUSCULAR SYSTEM
UNIT VI

1. The large tendon at the lower end of the gastrocnemius muscle, which is inserted into the ankle, is the strongest and thickest tendon in the body and is called:

   A. bracheal radialis
   B. gluteus maximus
   C. soleus
   D. Achilles

2. A muscle that bends a body part is called:

   A. an extensor
   B. a flexor
   C. elasticity
   D. irritability

3. A muscle that extends a body part is called:

   A. the origin
   B. insertion
   C. a flexor
   D. an extensor

4. The movement required in walking is the result of:

   A. the relaxation of smooth muscles
   B. energy produced by the cardiac muscle
   C. the contraction of the skeletal muscles
   D. food burned by the skeletal muscles

5. In cold weather, the brain stimulates the skeletal muscles to produce more heat by causing us to:

   A. shiver
   B. feel cold
   C. feel hungry
   D. put on more clothing

6. Muscle cells get their energy to contract from the oxidation of:

   A. simple sugar such as glucose
   B. digested food substances
   C. protein in the cells
   D. fat around the cells

7. The ability of a stretched muscle to return to its normal length is known as:

A. contractibility
B. elasticity
C. extensibility
D. irritability

8. The muscular structure which forms the floor of the pelvis is called the:

A. peritoneum
B. parietal muscle
C. mons pubis
D. perineum

9. Skeletal muscles help the veins with the upward movement of blood when they:

A. dilate
B. contract
C. constrict
D. stimulate the nerve endings

10. The large calf muscle is known as:

A. quadriceps femoris
B. gluteus maximus
C. the hamstring group
D. gastrocnemius

11. The region of the upper arm into which hypodermics are given is known as:

A. quadriceps
B. deltoid
C. triceps
D. gluteus maximus

12. The large dome-shaped muscle that separates the thoracic and abdominal cavities is called the:

A. peritoneal fold
B. diaphragm
C. intercostal muscle
D. interthoracic muscle

13. When muscles have good tone, they are

A. completely relaxed and flaccid
B. always in a state of partial contraction
C. smaller than normal
D. permanently contracted

14. As soon as one muscle contracts, the antagonist must:

A. also contract
B. relax
C. produce more energy
D. rest, waiting its turn to contract

15. Ligaments have the job of:

A. attaching muscles to bone
B. attaching one bone to another bone
C. contracting to allow movement
D. supporting muscle tissue

16. Bundles of fibers which are held together by connective

A. cartilage
B. ligaments
C. bursae
D. muscles

17. Muscles are attached to bones by:

A. ligaments
B. bursae
C. tendons
D. periosteum

18. The type of muscle found in the deltoid is:

A. voluntary
B. involuntary
C. cardiac
D. smooth

19. The ankles are the:

A. metatarsals
B. tarsals
C. carpals
D. metacarpals

20. Which muscle do you contract when you flex your arm?

A. Trapezius
B. Triceps
C. Pectoral
D. Biceps

21. Moving a limb toward the midline of the body is referred to as:

A. flexion
B. extension
C. abduction
D. adduction

22. The muscle that abducts the upper arm at the shoulder joint is the:

A. deltoid
B. pectoralis major
C. triceps
D. biceps

23. The buccinator muscle:

A. aids in defecation
B. keeps the trunk from falling backwards when standing
C. is the dome-shaped muscle used for breathing
D. is one of largest muscles for facial expression

24. The biceps brachii and triceps brachii are located in the:

A. lower leg
B. lateral thigh
C. chest
D. upper arm

25. The sternocleidomastoid is located in the:

A. thigh
B. around the eye
C. neck
D. buttocks

26. The external oblique and rectus abdominis are both found in the:

A. back of the heel
B. abdominal wall
C. buttocks
D. chest

27. The quadriceps femoris, vastus lateralis, sartorius, and the hamstring group are all located in the:

A. back
B. lower arm
C. calf of leg
D. thigh

28. The part of the muscle that is attached to the more moveable bone is the:

A. insertion
B. origin
C. body
D. belly

29. When the hamstring muscles contract they:

A. flex the lower leg, making the angle at the knee joint smaller
B. extend the lower leg, making the angle at the knee joint larger
C. flex the hip, making the angle at the knee joint larger
D. extend the lower leg, making the angle at the hip joint smaller

30. When a muscle shortens, it exerts pull. This characteristic is

A. contractibility
B. tonus
C. irritability
D. elasticity

31. Of the following skeletal muscles, which are commonly used as injection sites?

A. Sternocleidomastoid
B. Triceps
C. Rectus abdominis
D. Gluteus medius

32. Which of the following is detrimental to the muscular system?

A. Learning to relax voluntary muscles at will
B. Using muscles all over the body
C. Using proper body mechanics at all times
D. Eating an adequate high fat diet

33. Select the muscle part which does not belong with the other three.

A. Body or belly
B. Insertion
C. Origin
D. Tendon

34. An example of a muscle attachment is:

A. the Achilles tendon
B. the biceps
C. a ligament
D. a nerve

35. All the following are functions of the muscles except:

A. heat production
B. production of red blood cells
C. posture
D. protection

36. Which area is not suited for an intramuscluar injection?

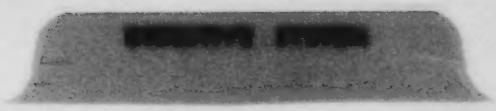
A. Deltoid
B. Gastrocnemius
C. Gluteus medius
D. Vastus lateralis

37. By avoiding obesity and immoderate use of alcohol, and exercising regularly, we may help maintain what muscle?

A. Cardiac muscle
B. Eye muscles
C. Intercostal muscles
D. Uterus muscle

MUSCULAR SYSTEM
ANSWER SHEET

1. D
2. B
3. D
4. C
5. A
6. A
7. B
8. D
9. B
10. D
11. B
12. B
13. B
14. B
15. B
16. D
17. C
18. A
19. B
20. D
21. D
22. A
23. D
24. D
25. C
26. B
27. D
28. A
29. A
30. A
31. D
32. D
33. D
34. A
35. B
36. B
37. A



DIGESTIVE SYSTEM

DIGESTIVE SYSTEM
UNITS VII AND VIII

1. Jaundice is caused by an abnormally high:

   A. iron content
   B. white count
   C. bilirubin
   D. hematocrit

2. Pancreatic juice is emptied from the pancreas by way of a duct into the:

   A. duodenum
   B. ileum
   C. jejunum
   D. stomach

3. When a patient has the mumps, which glands become swollen?

   A. Subligual
   B. Salivary
   C. Submaxillary
   D. Parotid

4. The serous membrane which covers the surface of most of the abdominal organs and lines the abdominal cavity is the:

   A. perineum
   B. mesentery
   C. omentum
   D. peritoneum

5. The large intestine is referred to as the:

   A. vermiform
   B. ileum
   C. duodenum
   D. colon

6. The muscular digestive tube extending through the body is called the:

   A. gullet
   B. intestinal tube
   C. alimentary canal
   D. mesentery canal

7. The rugae of the stomach allow:

A. the food to be propelled to the duodenum
B. for expansion of the stomach
C. for the stomach to be pushed into the duodenum
D. for peristalsis to function

8. The complete process of digestion changes sugars and starches to:

A. maltose
B. glycogen
C. glycerol
D. glucose

9. The normal liver manufactures fibrinogen. When the liver is diseased, there is a decrease of this substance in the blood, and the patient must be watched carefully for:

A. cyanosis (the skin appearing blue in color)
B. elevation of body temperature
C. a drop in blood pressure
D. signs of bleeding internally or externally

10. The enzyme that changes starches to sugar in the mouth is called:

A. hydrochloric acid
B. lactose
C. maltose
D. ptyalin

11. Amino acids are used to build and repair body tissues. Amino acids are the end product of the digestion of:

A. fats
B. proteins
C. carbohydrates
D. vitamins

12. Of all the enzymes used in the process of digestion, the most important ones are found in the:

A. bile from the liver
B. pancreatic juices poured into the small intestine
C. gastric secretions
D. secretions of the large intestine

13. Bile is important in digestion because it:

A. dissolves meat fibers and makes them easier to digest
B. digests simple fats
C. breaks down fat globules so they can be more easily digested by enzymes
D. changes complex sugars into glucose

14. The absorption of most nutritive elements obtained from digested food takes place in the:

A. stomach
B. small intestine
C. large intestine
D. colon

15. Pepsin begins the digestion of:

A. fats
B. protein
C. carbohydrates
D. roughage

16. The gallbladder:

A. stores bile
B. stores sugar as glycogen
C. secretes bile
D. contains glands which secrete digestive enzymes

17. All of the following are functions of the liver except:

A. secretion of bile
B. storage of bile
C. storage of sugar as glycogen
D. removal of toxins absorbed into the blood in the intestines

18. Which of the following foods would be considered the best source of "quick energy"?

A. Milk
B. Toast
C. Karo syrup
D. Eggs

19. A function of the pancreas is to:

A. store vitamins A, D, K, and B_{12}
B. form antibodies which protect against disease
C. secrete insulin
D. store simple sugars

20. Lipase begins the digestion of:

A. fats
B. proteins
C. carbohydrates
D. insulin

21. Bile is secreted by the:

A. pancreas
B. spleen
C. gallbladder
D. liver

22. A principle organ of digestion is the:

A. teeth
B. gallbladder
C. small intestine
D. appendix

23. An accessory organ of the digestion is the:

A. large intestine
B. stomach
C. esophagus
D. salivary glands

24. During swallowing, food is stopped from entering the larynx by the:

A. esophagus
B. pharynx
C. eustachian tube
D. epiglottis

25. There are glands in the walls of the stomach that secrete substances which aid in digestion. These substances include:

A. saliva
B. hormones
C. vitamins
D. hydrochloric acid

26. The appendix is attached to the:

A. duodenum
B. cecum
C. ileum
D. jejunum

27. The parotid glands are situated:

A. behind the sternum
B. in the pancreas
C. in the mouth
D. in the stomach

28. Secretions that chemically aid digestion are:

A. enzymes
B. vitamins
C. adrenalin
D. hormones

29. The small intestine includes the:

A. rectum
B. duodenum
C. cecum
D. sigmoid

30. A function of the stomach is:

A. to reabsorb fluids
B. to store food until it can be partially digested
C. to secrete bile
D. to begin digestion of fats

31. The ileocecal valve acts to:

A. prevent backflow of fecal matter into the small intestine
B. allow food to pass into the duodenum
C. prevent passage of material into the large intestine
D. allow passage of fecal matter into the rectum

32. Peristalsis in the digestive tract occurs first in the:

A. larynx
B. stomach
C. pharynx
D. esophagus

33. The sphincter muscle located at the lower end of the stomach is called the:

A. cardiac
B. pyloric
C. duodenal
D. ileocecal

34. A substance secreted by the islands of Langerhans and important in the utilization of glucose is:

A. adrenalin
B. ptyalin
C. pancreatic enzyme
D. insulin

35. Metabolism is a series of chemical reactions that take place in the tissue cells. These reactions are necessary for:

A. building tissue and storing fat
B. building and repairing tissue, and releasing heat and energy
C. using nutritive elements to provide energy
D. providing for elimination of waste products accumulated in the tissues

36. The epiglottis is:

A. commonly called the Adam's apple
B. a lid which closes off the larynx when food is swallowed
C. the small covering over the pharynx which prevents aspiration of liquids into the lungs
D. the structure containing the vocal cords

37. The organ commonly called the throat is the:

A. larynx
B. trachea
C. esophagus
D. pharynx

38. The gastric juice and food is known as:

A. chyle
B. chyme
C. omentum
D. flatus

39. The mucous lining of the small intestine is greatly increased in area by tiny, fingerlike projections called:

A. cilia
B. chyme
C. villi
D. chyle

40. The enzyme that acts within the stomach and that causes milk to curdle is:

A. pepsin
B. lipase
C. rennin
D. amylopsin

41. The largest of the glandular organs in the body is the:

A. pancreas
B. gallbladder
C. parotid
D. liver

42. Carbohydrate digestion is initiated in the:

A. mouth
B. stomach
C. gallbladder
D. pancreas

43. Temporary or baby teeth are known as:

A. permanent incisors
B. eyeteeth
C. deciduous teeth
D. cuspids

44. Some fats are absorbed by way of the lymphatic capillaries of the villi, which are called:

A. chyle
B. cisterna chyle
C. lacteals
D. caries

45. The digestive system absorbs food or nutrients. Which part of the digestive system absorbs about 90% of the food?

A. Stomach
B. Mouth
C. Large intestine
D. Small intestine

46. The parts of the stomach in order are:

A. fundus, body, pyloric antrum, pyloric canal
B. body, pyloric canal, pyloric antrum, fundus
C. fundus, body, pyloric canal, pyloric antrum
D. pyloric antrum, pyloric canal, body, fundus

47. The peristaltic movements of the stomach normally begin in the:

A. esophagus and work toward the fundus
B. pylorus and work toward the cardiac sphincter
C. fundus and work toward the pylorus
D. the duodenum and work toward the cecum

48. The churning and mixing of food in the stomach prepares a semisolid liquid called:

A. chyme
B. pylorus
C. cecum
D. ptyalin

49. The blood and nerve supply of the tooth is located in the:

A. enamel
B. cementum
C. pulp
D. crown

50. The combination of oxygen and digested food substances in the cells is necessary to supply the body with:

A. heat and energy
B. heat
C. a feeling of warmth
D. energy

51. The vermiform appendix is attached to the:

A. ileum
B. cecum
C. ascending colon
D. descending colon

52. When the foods we eat are acted upon by digestive juices, they have been:

A. changed into new and different substances
B. broken down into smaller particles
C. made more liquid so they can be absorbed in the intestinal tract
D. changed physically but not chemically

53. Pancreatic juice is important because it aids in the digestion of:

A. all food substances
B. fatty acids
C. amino acids
D. carbohydrates

54. The openings of the salivary glands are located in the:

A. mouth
B. stomach
C. pancreas
D. small intestine

55. The rhythmic wave of contractions that moves food along the digestive tract is called:

A. peristalsis
B. osmosis
C. absorption
D. metabolism

56. The microscopic projections on the walls of the small intestine through which digested food is absorbed are the:

A. papillae
B. villi
C. veins
D. lymph nodes

57. Water is absorbed from the digestive tract primarily in the:

A. esophagus
B. stomach
C. small intestine
D. large intestine

58. Mechanical digestion of food requires tongue action because the tongue:

A. supplies a lubricating secretion
B. provides taste stimulations
C. moves food around to the various grinding surfaces and mixes food with saliva
D. breaks food into smaller pieces against the hard palate so that saliva can cover each particle

59. The most important nutrient in the diet which is needed by the teeth is:

A. fat
B. protein
C. carbohydrate
D. calcium

60. The <u>crown</u> of the tooth can be described as that part which:

A. is below the gum line
B. is above the gum line
C. protects the pulp
D. provides nourishment to the tooth

61. The end products of carbohydrate and protein digestion are absorbed by:

A. the blood stream
B. the blood vessels in villi
C. the lymphatic system
D. the lymph vessels in villi

62. Gastric juice is secreted in the:

A. mouth
B. small intestine
C. liver
D. stomach

63. The shape of front teeth best fits them for the job of:

A. grinding
B. cutting and dividing
C. chewing
D. cutting food into tiny particles

64. Food is normally kept out of the respiratory tract during the process of swallowing because of the shutterlike action of the:

A. oropharynx
B. larynx
C. pharynx
D. epiglottis

65. Food that has been chewed, mixed with saliva, and is ready for swallowing is called:

A. segmentation
B. mastication
C. a bolus
D. peristalsis

66. Amylase, an enzyme contained in the saliva, begins the digestion of:

A. carbohydrates
B. proteins
C. fatty acids
D. cooked starch

67. The flat edges of the back teeth enable us to rub the teeth back and forth in a:

A. grinding action
B. scissors action
C. rotary motion
D. protective motion

68. When fat digestion has been completed in the small intestine, the fat has been converted to:

A. lipase
B. maltose
C. fatty acids and glycerol
D. steapsin

69. Bile is necessary for the complete digestion of fats because it:

A. supplies the coloring material of feces
B. breaks fat into smaller particles for action by lipase
C. stimulates the flow of insulin
D. stimulates the flow of pancreatic juices

70. Enzymes from the pancreatic and intestinal juices complete protein digestion in the small intestine and change the protein into:

A. glycogen
B. incomplete proteins
C. amylopsin
D. amino acids

71. The proximal part and the distal part of the large intestine are respectively called the:

A. ascending colon and descending colon
B. cecum and anus
C. sigmoid and rectum
D. cecum and sigmoid

72. Three accessory organs that aid in digestion of food but do not form the digestive tract itself are the:

A. pharynx, esophagus, and stomach
B. pancreas, liver, and gallbladder
C. cecum, colon, and sigmoid
D. appendix, cecum, and rectum

73. The structure of the mouth whose functions include tasting, helping in swallowing, chewing, and aiding in speech is the:

A. epiglottis
B. pharynx
C. teeth
D. tongue

74. The structure of the mouth which functions to initiate the physical breakdown of food is/are the:

A. cheeks
B. salivary glands
C. teeth
D. pharynx

75. The part of the stomach between the fundus and the pylorus is the:

A. esophagus
B. body
C. lesser curvature
D. pyloric sphincter

76. The cardiac sphincter is located:

A. below the esophagus
B. above the esophagus
C. below the pylorus
D. above the pylorus

77. The accessory organ located on the right side of the body directly under the diaphram is the:

A. pancreas
B. spleen
C. appendix
D. liver

78. Of the following, which is not a function of the stomach?

A. Changing the food to chyme
B. Acting as a reservoir for food
C. Beginning digestion of starches
D. Secreting gastric juices

79. Hydrochloric acid is a component of gastric juice. All of the following are functions of hydrochloric acid except:

A. killing bacteria
B. enzyme action
C. aiding absorption of iron
D. softening connective tissue in meats

80. The three parts of the small intestine are the:

A. appendix, cecum , and colon
B. sigmoid, rectum, and anal canal
C. duodenum, jejunum, and ileum
D. ascending, colon, transverse colon, and descending colon

81. The reabsorption of mineral salts and vitamins is a function of the:

A. small intestine
B. stomach
C. large intestine
D. rectum

82. The name of the duct(s) which carries bile from the liver to the cystic duct is the:

A. common bile duct
B. hepatic ducts
C. pancreatic duct
D. iliac duct

83. The hepatic duct and the cystic duct connect to form the:

A. pancreatic duct
B. common bile duct
C. pancreas
D. iliac duct

84. The fish-shaped organ stretching from the spleen to the duodenum is the:

A. liver
B. gallbladder
C. pancreas
D. duodenum

85. Which of the following means the study of the digestive system?

A. Gastroscopy
B. Gastroenterostomy
C. Enterology
D. Gastroenterology

86. The physical and chemical breakdown of complex foodstuffs into simpler substances is known as:

A. metabolism
B. digestion
C. peristalsis
D. assimilation

87. Some membranes and glands of the digestive system secrete a thick, sticky fluid which is called:

A. mucous
B. chyme
C. serum
D. bolus

88. Which of the following found in gastric juice is necessary for the absorption of Vitamin B_{12}?

A. Chyme
B. Extrinsic factor
C. Cilia
D. Intrinsic factor

89. Which of the following is a muscle which permits an outlet to open and close?

A. Rotator
B. Adductor
C. Abductor
D. Sphincter

90. Another name for the oral cavity is the:

A. palate
B. throat
C. pharynx
D. buccal

91. The glands located posterior and inferior to the ears are the:

A. sublingual glands
B. parotid glands
C. submaxillary glands
D. sphenoid glands

92. The sphincter which guards the upper end of the stomach is the:

A. pyloric sphincter
B. cardiac sphincter
C. gastric sphincter
D. diaphragm

93. The bulging upper part of the stomach is known as the:

A. lesser curvature
B. body
C. greater curvature
D. fundus

94. The sublingual glands are located:

A. behind the nasopharynx
B. under the ear
C. on the posterior floor of the mouth
D. on the anterior floor of the mouth under the tongue

95. Another name for the esophagus is the:

A. gullet
B. bolus
C. glottis
D. buccal

96. The following organs form the alimentary canal: the mouth, esophagus, intestines, stomach, and the:

A. gallbladder
B. pancreas
C. liver
D. pharynx

97. The membrane which attaches the liver to the lesser curvature is called the:

A. greater omentum
B. mesentery
C. parietal peritoneum
D. lesser omentum

98. The conical projection hanging from the lower border of the soft palate is the:

A. epiglottis
B. palatine tonsils
C. uvula
D. frenulum

99. The salivary glands are the parotid, submaxillary, and the:

A. sphenoid
B. ethmoid
C. sublingual
D. frenulum

100. An acute infection of the parotid glands is:

A. chicken pox
B. mononucleosis
C. pleurisy
D. mumps

101. In performing a cholecystectomy, which of the following is ligated?

A. Common bile duct
B. Cystic duct and artery
C. Hepatic duct
D. Pancreatic duct

102. When bile ducts are obstructed and bile is absorbed by the blood stream, the condition is known as:

A. hepatitis
B. peristalsis
C. jaundice
D. cyanosis

103. The ascending, transverse, descending, and sigmoid colons are portions of the:

A. small intestine
B. rectum
C. anal canal
D. large intestine

104. What is the name of the curve where the ascending colon bends to the left?

A. Hepatic flexure
B. Ampulla of Vater
C. Ligament of Treitz
D. Splenic flexure

105. The pancreatic and common bile ducts unite and enter the duodenum together in a dilated tube called the:

A. ligament of Treitz
B. hepatic flexure
C. island of Reil
D. ampulla of Vater

106. The duodenum, jejunum, and the ileum are portions of the:

A. small intestine
B. esophagus
C. colon
D. pharynx

107. The fold of mucous membranes on the midline of the tongue's undersurface is called the:

A. epiglottis
B. uvula
C. frenulum
D. cleft palate

108. The sockets in which the teeth are set are called:

A. mandibular processes
B. cement
C. dentin
D. alveolar processes

109. The structure of the tooth includes the:

A. crown, neck, and dentin
B. crown, neck, and deciduous
C. cuspids and molars
D. molars and bicuspids

110. Another name for gums is:

A. cilia
B. frenulum
C. uvula
D. gingiva

111. Deciduous sets of teeth contain how many teeth?

A. 32
B. 15
C. 20
D. 18

DIGESTIVE SYSTEM
ANSWER SHEET

1. C	21. D	41. D	61. B	81. C	101. B
2. A	22. C	42. A	62. D	82. B	102. C
3. D	23. D	43. C	63. B	83. B	103. D
4. D	24. D	44. C	64. D	84. C	104. A
5. D	25. D	45. D	65. C	85. D	105. D
6. C	26. B	46. C	66. D	86. B	106. A
7. B	27. C	47. C	67. A	87. A	107. C
8. D	28. A	48. A	68. C	88. D	108. A
9. D	29. B	49. C	69. B	89. D	109. A
10. D	30. B	50. A	70. D	90. D	110. D
11. B	31. A	51. B	71. D	91. B	111. C
12. B	32. D	52. A	72. B	92. B	
13. C	33. B	53. A	73. D	93. D	
14. B	34. D	54. A	74. C	94. D	
15. B	35. B	55. A	75. B	95. A	
16. A	36. B	56. B	76. A	96. D	
17. B	37. D	57. D	77. D	97. D	
18. C	38. B	58. C	78. C	98. C	
19. C	39. C	59. D	79. B	99. C	
20. A	40. C	60. B	80. C	100. D	

[redacted]

BLOOD

CIRCULATORY SYSTEM
UNITS IX AND X

1. Fewer than the normal number of platelets can cause:

   A. infections
   B. hemorrhage
   C. jaundice
   D. clotting

2. A moving clot is called a/an:

   A. platelet
   B. thrombus
   C. embolus
   D. erythrocyte

3. All of the following are functions of the blood except:

   A. combating infection
   B. detoxification of drugs
   C. maintenance of homeostasis
   D. transportation

4. The normal pH of blood is:

   A. 5.8 - 6.1
   B. 6.35 - 6.45
   C. 7.0
   D. 7.35 - 7.45

5. Agranulocytes and granulocytes are types of:

   A. erythrocytes
   B. leukocytes
   C. platelets
   D. thrombocytes

6. The smallest, most fragile formed elements in blood, varying in size and shape and often seen in clusters, are called:

   A. agranulocytes
   B. eosinophils
   C. monocytes
   D. platelets

7. Clotting in blood vessels is prevented by the smooth lining of blood vessels and:

   A. calcium
   B. fibrin
   C. heparin
   D. prothrombin

8. The mechanism of blood clotting is initiated when platelets rupture and release:

A. fibrin
B. heparin
C. prothrombin
D. thromboplastin

9. Which would not be a reason for a blood transfusion?

A. Anemia and shock treatment
B. Blood exchange in certain blood disorders
C. Hemoglobin above 12 grams
D. Replacement of blood lost through hemorrhage

10. One major reason that determination of blood type is important is:

A. blood types are all compatible
B. to prevent fatal reactions
C. to promote agglutination of RBC's
D. usually a person can safely receive blood from another person of the same type

11. Which of the following statements regarding Rh factor is false?

A. An Rh negative mother may become sensitized by proteins from an Rh positive baby
B. An Rh positive person has an extra red cell protein
C. Approximately 15% of the population is Rh negative
D. During a later pregnancy, the mother's antibodies may pass into fetal blood and cause histoplasmosis

12. Oxygenated blood leaves the heart via the:

A. aorta
B. coronary arteries
C. inferior vena cava
D. superior vena cava

13. Venous blood returns to which part of the heart?

A. Left atrium
B. Left ventricle
C. Right atrium
D. Right ventricle

14. The smooth muscle walls of the veins are:

A. the same thickness as those of the arteries
B. thicker than the artery walls
C. made of cardiac muscle cells
D. thinner than the artery walls

15. Blood is forced out of the left ventricle and into the blood vessels in the order of:

A. arteries, veins, capillaries
B. veins, capillaries, arteries
C. arteries, capillaries, veins
D. capillaries, arteries, veins

16. Another name for white blood cells is:

A. leukocytes
B. erythrocytes
C. blastocytes
D. leukoblasts

17. The oxygen-carrying part of the blood is contained in the:

A. tissue fluid
B. plasma
C. monocytes
D. hemoglobin

18. The flow of blood through the veins is directed by:

A. rhythmic contractions of vein walls
B. gravity flow
C. force of heart's contraction
D. one-way valves within the vein

19. The chief job of the veins is to:

A. filter out foreign materials in the blood
B. return unoxygenated blood to the heart
C. carry oxygenated blood to the cells
D. permit the exchange of oxygen carbon dioxide between the cells and the blood stream

20. Worn out red blood cells are removed by the:

A. bone marrow
B. lymph nodes
C. spleen
D. monocytes

21. Veins need valves for the pose of:

A. pumping blood through the veins
B. filtering out any blood clots that might be headed in the direction of the heart
C. keeping venous blood flowing in the direction of the heart
D. preventing the escape of the fluid from the veins, resulting in edema

22. A greater amount of body heat will be lost into the environment when the surface blood vessels:

A. contract
B. dilate
C. increase the production of sweat
D. help the skeletal muscles relax

23. Blood vessels contract and relax because of the action of:

A. the skeletal muscles surrounding them
B. the cardiac muscle tissue
C. oxidation
D. the smooth muscles in their walls

24. The resting phase of the heartbeat cycle is called:

A. systole
B. diastole
C. sphygmomanometer
D. pulse pressure

25. Formed elements of the blood include:

A. proteins
B. gamma globulin
C. plasma
D. platelets

26. The white cells that are most important to the system of body defense and protection are the:

A. granular and nongranular
B. lymphocytes and granulocytes
C. monocytes and lymphocytes
D. phagocytes and basophils

27. A normal white blood count would average:

A. 5,000 to 10,000 cells per cubic millimeter of blood
B. 4.5 to 5.5 million cells per cubic millimeter of blood
C. 1 to 2 million cells of each type (red and white) per cubic millimeter of blood
D. 7 to 10 million cells per cubic millimeter of blood

28. A normal red blood count would vary from:

A. 5,000 to 10,000 cells per cubic millimeter of blood
B. 4.5 to 5.5 million cells per cubic millimeter of blood
C. 1 to 2 million cells of each type (red and white) per cubic millimeter of blood
D. 7 to 10 million cells per cubic millimeter of blood

29. The greatest amount of blood will be lost when there is injury to:

A. many capillaries
B. a large artery
C. several veins
D. the nerve endings

30. The inside of the heart is divided into:

A. two parts
B. three parts
C. four parts
D. equal sections

31. The membrane lining the heart and the valves is called the:

A. endocardium
B. myocardium
C. pericardium
D. epicardium

32. Valve flaps prevent the back flow of blood from the pulmonary artery into the:

A. lung
B. right atrium
C. right ventricle
D. left atrium

33. The blood in the right side of the heart normally is not mixed with the blood in the left side of the heart because of the intact dividing:

A. cartilage
B. tendon
C. septum
D. cordae tendinae

34. The thickest part of the heart muscle is the:

A. right ventricle
B. left ventricle
C. right atrium
D. left atrium

35. The blood that is pumped out of the left ventricle contains:

A. a full supply of oxygen
B. impurities that must be removed by the liver
C. a high percentage of carbon dioxide
D. all the wastes to be delivered to the organs of excretion

36. The superior vena cava drains all the veins from the head and upper extremities and pours the blood into the:

A. right atrium
B. left atrium
C. pulmonary artery
D. pulmonary vein

37. The vitamin that helps blood clot is:

A. vitamin D
B. vitamin K
C. vitamin A
D. vitamin C

38. The formed elements in the blood that aid in blood clotting are called:

A. antibodies
B. leukocytes
C. erythrocytes
D. platelets

39. The universal donor is blood type:

A. AB+
B. O-
C. B-
D. O+

40. The functions of the blood are:

A. elimination and protection
B. coordination and elimination
C. transportation and protection
D. transportation and elimination

41. The blood carrying a full supply of oxygen goes back to the heart through the:

A. pulmonary arteries
B. pulmonary veins
C. aorta
D. bicuspid valve

42. Red blood cells are produced in the:

A. yellow bone marrow
B. spleen
C. red bone marrow
D. liver

43. The blood vessels that lie closest to the surfacr of the skin are described as:

A. dorsal
B. ventral
C. peripheral
D. visceral

44. Blood that flows from the right side of the heart goes to the:

A. brain
B. lungs
C. body parts
D. heart

45. The pulmonary circulation starts its circuit by leaving the:

A. right ventricle through the pulmonary artery
B. left ventricle through the pulmonary artery
C. left atrium through the aorta
D. right atrium through the aorta

46. In systemic circulation, the blood returns from the body and enters the:

A. right ventricle by way of the vena cava
B. right atrium by way of the vena cava
C. left atrium by way of the pulmonary veins
D. left ventricle by way of the aorta

47. The electrical impulse of the heart is transmitted from the:

A. S.A. node to the bundle of His to the A.V. node
B. A.V. node to the S.A. node to the bundle of His
C. A.V. node to the bundle to His to the S.A. node
D. S.A. node to the A.V. node to the bundle of His

48. A powerful anticoagulant found in many body cells, especially the cells in the lungs and liver, is:

A. hemolyzed
B. heparin
C. hilum
D. hemoglobin

49. The rate of blood flow is the fastest in the:

A. heart
B. arteries
C. capillaries
D. veins

50. Which of the following statements is true of leukocytes?

A. The mature cell contains no nucleus
B. They are shaped like a ball
C. They have a life span of 120 days
D. They destroy harmful pathogens

51. A substance that prevents blood from clotting is called a/an:

A. anticoagulant
B. procoagulant
C. serum
D. antibody

52. If a Rh negative mother has a Rh positive baby, the mother's blood may cause destruction of the baby's red cells. This condition is known as:

A. embryology
B. erythroblastosis fetalis
C. esophagial atresia
D. opthalmia neonatal

53. The watery fluid that remains after the fibrinogen has been removed from the blood through the process of clotting is:

A. serum
B. antibodies
C. anemia
D. plasma

54. It is important that a person have an adequate amount of hemoglobin so:

A. they aren't Rh negative
B. they don't suffer from leukopenia
C. the tissues are assured a sufficient supply of oxygen
D. the tissues are assured a sufficient supply of carbon dioxide

55. The RBC's of the donor's blood may clump when mixed with incompatible blood in a process called:

A. coagulation
B. transfusion
C. agglutination
D. centrifuge

56. One group of leukocytes that does not originate in bone marrow is the:

A. megakarocytes which originate in plasma
B. monocytes which originate in gamma globulin
C. lymphocytes which originate in lymphoid tissue
D. basophils which originate in lymphoid tissue

57. Materials that must be supplied in the diet to produce red blood cells include:

A. C, H, O, and fats
B. minerals and vitamins
C. iron and vitamin B_{12}
D. calcium and phosphorus

58. Lymph is a material that is obtained from:

A. interstitial fluid
B. blood plasma
C. fluid absorbed by the large intestine
D. the breakdown of red and white blood cells

59. Functions of the blood include <u>all</u> of the following <u>except</u>:

A. transportation of gases and nutrients
B. transportation of waste products
C. maintenance of water balance
D. production of red blood cells

60. Red blood cells owe their color to:

A. bile
B. iron
C. fibrin
D. hemoglobin

61. The substance that is produced by the liver and is necessary for the clotting of blood is:

A. vitamin K
B. platelets
C. prothrombin
D. fibrin

62. The myocardium is the:

A. sac surrounding the heart
B. inner lining of the heart
C. thick, muscular wall of the heart
D. major blood vessel serving the heart

63. The bicuspid valve is located between the:

A. right and left ventricles
B. right atrium and right ventricle
C. left atrium and left ventricle
D. left and right atriums

64. The mitral valve is another name for the:

A. pulmonary valve
B. bicuspid valve
C. tricuspid valve
D. ventricular valve

65. The walls of the arteries are:

A. very thin, allowing for expansion with each heartbeat
B. thick, elastic walls which contract and expand
C. lined with a thick membrane which prevents their expansion
D. lined at intervals with valves

66. As blood is pushed from the right atrium into the right ventricle, the blood passes through the:

A. pulmonary valve
B. bicuspid valve
C. tricuspid valve
D. aortic valve

67. The blood in the chambers of the left side of the heart would be:

A. higher in oxygen content than that in the right side
B. about equal in oxygen content to that in the right side
C. equal in carbon dioxide content to that in the right side
D. lower in oxygen content than that in the right side

68. The blood in the chambers of the right side of the heart would be:

A. higher in oxygen content than that in the left side
B. about equal in oxygen content to that in the left side
C. equal in carbon dioxide content to that in the left side
D. lower in oxygen content than that in the left side

69. The coronary arteries are located:

A. within the chambers of the heart
B. around the top of the heart with branches reaching down
C. in the pericardial sac
D. just below the aorta

70. The study of blood is called:

A. pathology
B. homeostasis
C. hematalogy
D. physiology

71. The state of chemical balance between the cell and its environment is:

A. homeostasis
B. equilibrium
C. etiology
D. hemostasis

72. Gamma globulin can be defined as:

A. plasma
B. leukocytes
C. granulocytes
D. the antibody fraction of blood

73. Red blood cells, one of the formed elements of the blood, are called:

A. corpuscles
B. leukocytes
C. erythrocytes
D. granulocytes

74. White blood cells are called:

A. corpuscles
B. leukocytes
C. erythrocytes
D. granulocytes

75. White blood cells with a lobed nucleus and granules in the cytoplasm are called:

A. megakaryocytes
B. granulocytes
C. agranulocytes
D. corpuscles

76. White blood cells with a round nucleus and no granules in the cytoplasm are called:

A. megakaryocytes
B. granulocytes
C. agranulocytes
D. corpuscles

77. Megakaryocytes are characterized:

A. by the ability to clot blood
B. as a cell with a large nucleus
C. as a disease-producing microorganism
D. as the liquid portion of the blood

78. The liquid portion of the blood is called:

A. megakaryocytes
B. corpuscles
C. hemoglobin
D. plasma

79. The injection of the blood of one person into the blood vessels of another is called:

A. transfusion
B. coagulation
C. transplant
D. hemolysis

80. A disease-producing microorganism is called a/an:

A. formed element
B. hemorrhage
C. pathogen
D. embolus

81. Clotting of blood is called:

A. coagulation
B. agglutination
C. hemostasis
D. hemolysis

82. Hemolysis is:

A. abnormal discharge of blood, either externally or internally
B. deficiency of red blood cells or hemoglobin or both
C. destruction of red blood cells with the liberation of hemoglobin which diffuses into the surrounding fluid
D. clotting of blood

83. An acid manufactured by the liver, an anticoagulant, is:

A. acid salts
B. nicotinic acid
C. heparin
D. fibrin

84. The volume percentage of erythrocytes in whole blood is called the:

A. hemoglobin
B. hematocrit
C. differential
D. sedimentation rate

85. A solution that conducts electricity by means of its ions is called:

A. an electrolyte
B. the plasma
C. a lipid
D. a corpuscle

86. An abnormal discharge of blood, either externally or internally, is called:

A. shock
B. hemolysis
C. hemorrhage
D. embolus

87. Shock can best be defined as a/an:

A. deficiency of red blood cells or hemoglobin or both
B. depression of the body functions due to the failure of the circulatory system
C. clumping of blood cells when incompatible bloods are mixed
D. abnormal discharge of blood, either externally or internally

88. Anemia is best defined as a/an:

A. deficiency of red blood cells or hemoglobin or both
B. depression of the body functions due to the failure of the circulatory system
C. clumping of blood cells when incompatible bloods are mixed
D. abnormal discharge of blood, either externally or internally

89. A clot formed in a blood vessel is called a/an:

A. embolus
B. thrombus
C. electrolyte
D. lipid

90. Any member of a group of fat or fatlike substances which is insoluble in water is called:

A. a lipid
B. bone marrow
C. an electrolyte
D. an anticoagulant

91. Hemostasis can best be defined as:

A. an agent which prevents or delays the formation of blood clots
B. the checking of blood flow through any part or vessel
C. the state of chemical balance between the cell and its environment
D. a solution that conducts electricity by means of its ions

92. Which of the following is NOT true of hemoglobin?

A. It's an important constituent of all white blood cells and red blood cells
B. It's a constituent of all red blood cells
C. It's responsible for transporting oxygen to the body tissues
D. It's responsible for transporting carbon dioxide

93. The normal range for platelet count is:

A. 200,000 to 400,000
B. 9,000 to 15,000
C. 1,000,000 to 3,000,000
D. 50,000 to 200,000

94. The normal range of hemoglobin content is:

A. 10 - 12 gm percent
B. 12 - 18 gm percent
C. 14 - 20 gm percent
D. 16 - 24 gm percent

95. The normal range of a hematocrit is:

A. 20 - 30 percent
B. 26 - 35 percent
C. 38 - 50 percent
D. 42 - 54 percent

96. Which of the following are the four blood groups?

A. A, B, AB, O
B. O, OB, B, A
C. OA, A, B, AB
D. ABO, A, B, O

97. Routine blood tests may include all of the following <u>except</u>:

A. hemoglobin measurement
B. plasmalyte count
C. total red cell count
D. total white cell count

98. Physical characteristics of blood include all of the following <u>except</u> that:

A. it comprises 7 percent of the body's weight
B. the average volume in an adult is between 5 and 6 pints
C. the normal pH is slightly alkaline, 7.35 to 7.45
D. it consists of 55 percent plasma and 45 percent formed elements

99. Principal components of blood plasma include all of the following except:

A. water and blood proteins
B. minerals, salts, and waste products
C. bile and fibrinogen
D. hormones and vitamins

100. Under normal conditions, clotting in blood vessels is prevented by:

A. fibrinogen
B. heparin
C. granulocytes
D. agranulocytes

101. Thrombocytes is another name for:

A. plasma
B. platelets
C. blood types
D. thrombus

102. Most people have a special red cell protein which is called:

A. Rh positive
B. Rh negative
C. ABO Type
D. purpura

103. If a person's blood lacks this special red cell protein, they are called:

A. Rh positive
B. Rh negative
C. ABO type
D. purpura

104. A procedure employed to obtain a sample of red bone marrow is called:

A. thoracentesis
B. sternal puncture
C. leukocytosis
D. granial puncture

105. The following are reasons for blood transfusions <u>except</u> the:

A. treatment of arthritis
B. treatment of anemia
C. treatment of shock
D. replacement of blood lost through hemorrhaging

106. Leukocytes (granulocytes) originate in the:

A. red bone marrow
B. white bone marrow
C. spleen and other lymph tissues
D. spleen

107. Leukocytes (agranulocytes) originate in the:

A. red bone marrow
B. white bone marrow
C. spleen and other lymph tissues
D. pancreas

108. An important gas that is transported by the blood from the lungs to all parts of the body is:

A. nitrogen
B. carbon dioxide
C. oxygen
D. sodium

109. The blood carries a waste product to the lungs, and this gas is known as:

A. nitrogen
B. carbon dioxide
C. oxygen
D. sodium

110. Cardiac is a word best defined as:

A. the study of the heart
B. pertaining to the heart
C. a small capillary
D. the study of the circulatory system

111. The study of the heart is called:

A. pathology
B. cardiac
C. cardiology
D. physiology

112. The covering of the heart is called the:

A. myocardium
B. pericardium
C. venule
D. endocardium

113. The upper chamber or compartment of the heart is called the:

A. atrium
B. ventricle
C. bicuspid
D. aorta

114. The lower pumping chamber of the heart is called the:

A. atrium
B. ventricle
C. bicuspid
D. aorta

115. A minute blood vessel between the arterioles and venules, or a similar channel containing lymph, is called a:

A. vein
B. artery
C. cusp
D. capillary

116. Between the two right chambers of the heart lies the right atrioventricular valve, which has three flaps and is three-pointed. This valve is also called the:

A. bicuspid valve
B. tricuspid valve
C. pulmonary valve
D. aortic valve

117. The left atrioventricular valve is thicker and heavier than the right; it has two flaps. This valve is also called the:

A. biscuspid valve
B. tricuspid valve
C. pulmonary valve
D. aortic valve

118. The flap of the valve which opens and closes is called the:

A. venule
B. cusp
C. door
D. septum

119. The valve that prevents blood from returning to the left ventricle after it has emptied itself is called the:

A. biscuspid valve
B. tricuspid valve
C. pulmonary valve
D. aortic valve

120. The active phase of cardiac contraction, the period of actual heart contraction, is called:

A. coronary
B. systole
C. diastole
D. septum

121. The brief resting period that follows the contraction phase of the heart cycle is called the:

A. coronary
B. systole
C. diastole
D. septum

122. The circulatory system includes all of the following except the:

A. cardiovascular system
B. digestive system
C. lymphatic system
D. blood

123. Exchanges between the blood and the cells take place through the:

A. veins
B. arteries
C. cusps
D. capillaries

124. The largest artery in the body is divided into four regions. This vessel is the:

A. superior vena cava
B. coronary
C. aorta
D. pulmonary

125. The circle of arteries around the base of the brain is formed by communicating branches of cerebral arteries and is called the:

A. venous sinuses
B. volvar arch
C. mesenteric circle
D. circle of Willis

126. Supplying blood to the head and neck on each side is an artery named the:

A. pulmonary artery
B. carotid artery
C. facial artery
D. cerebral artery

127. The areas supplied by the carotid arteries are drained by the:

A. saphenous vein
B. occipital vein
C. jugular vein
D. temporal vein

128. Veins draining the head, the neck, the upper extremities, and the chest all empty into the:

A. portal vein
B. venous sinuses
C. superior vena cava
D. inferior vena cava

129. Beginning at the heart and traveling along the arteries is a wave of increased pressure started by the force of ventricular contractions. This wave is called:

A. the pulse
B. systolic pressure
C. diastolic pressure
D. hypertension

130. Measurement of blood pressure is done with an instrument called a:

A. sphygmomanometer
B. cystoscope
C. hypodermoclysis
D. percussion

131. An abnormal decrease in blood pressure, as may occur in shock, is called:

A. hypertension
B. hypotension
C. apnea
D. orthopnea

132. The lymphatics resemble some veins in that they contain structures that prevent backflow. These are:

A. nodes
B. cusps
C. flaps
D. valves

133. The combination of fat globules and lymph gives rise to a milky fluid called:

A. chyle
B. buboes
C. lacteals
D. enzymes

134. Drainage of lymph from the lower extremities and the external genitalia is through the:

A. inferior vena cava
B. inguinal nodes
C. anxillary nodes
D. cervical nodes

135. The final destination of filtered lymph is the:

A. blood
B. lungs
C. spleen
D. lacteals

136. The structure that is believed to be essential in the formation of antibodies very early in life is the:

A. blood
B. lungs
C. thymus
D. spleen

137. The end products of red blood cell destruction are returned to the liver where they are manufactured into a secretion called:

A. serum
B. plasma
C. antibodies
D. bile

138. During embryonic and fetal life, red blood cells are produced in the:

A. lungs
B. thymus
C. spleen
D. liver

139. The masses of lymphoid tissue that filter foreign substances from the liquid lymph are known as the:

A. lymph nodes
B. cusps
C. lacteals
D. chyle

140. The exit area for the vessels carrying lymph out of the node is known as the:

A. chyle
B. hilum
C. cisterna chyli
D. lacteals

141. The smallest veins are formed by the union of capillaries. These tiny vessels are called:

A. varices
B. venules
C. tules
D. arterioles

142. Persons whose work requires them to stand much of the time frequently suffer from varicosities of the:

A. saphenous vein
B. brachial vein
C. femoral vein
D. portal vein

143. The longest vein is the superficial one called the:

A. saphenous vein
B. brachial vein
C. femoral vein
D. portal vein

144. Oxygenated blood is carried to the liver by the:

A. phrenic artery
B. common iliac arteries
C. hepatic artery
D. brachial artery

145. The arteries that carry food and oxygen to the tissues of the body are classified as:

A. systemic
B. coronary
C. pulmonary
D. superficial

THE CIRCULATORY SYSTEM
ANSWER SHEET

1. B	21. C	41. B	61. C	81. A	101. B
2. C	22. B	42. C	62. C	82. C	102. A
3. B	23. A	43. C	63. C	83. C	103. B
4. D	24. B	44. B	64. B	84. B	104. B
5. B	25. D	45. A	65. B	85. A	105. A
6. D	26. C	46. B	66. C	86. C	106. A
7. C	27. A	47. D	67. A	87. B	107. C
8. D	28. B	48. B	68. D	88. A	108. C
9. C	29. B	49. B	69. B	89. B	109. B
10. B	30. C	50. D	70. C	90. A	110. B
11. D	31. A	51. A	71. A	91. B	111. C
12. A	32. C	52. B	72. D	92. A	112. B
13. C	33. C	53. A	73. C	93. A	113. A
14. D	34. B	54. C	74. B	94. B	114. B
15. C	35. A	55. C	75. B	95. C	115. D
16. A	36. A	56. C	76. C	96. A	116. B
17. D	37. B	57. C	77. B	97. B	117. A
18. D	38. D	58. A	78. D	98. B	118. B
19. B	39. B	59. D	79. A	99. C	119. D
20. C	40. D	60. D	80. C	100. B	120. B

121. C

122. B

123. D

124. C

125. D

126. B

127. C

128. C

129. A

130. A

131. B

132. D

133. A

134. B

135. A

136. C

137. D

138. C

139. A

140. B

141. B

142. A

143. A

144. C

145. A

RESPIRATORY SYSTEM

RESPIRATORY SYSTEM

RESPIRATORY SYSTEM
UNIT XI

1. The waste product of respiration is:

   A. carbon dioxide
   B. oxygen
   C. hydrogen
   D. carbon monoxide

2. Narcotics affect respiration in what way?

   A. They increase the rate of respiration
   B. They magnify the degree of inspiration
   C. They decrease the rate of respiration
   D. They decrease the degree of inspiration

3. The hair-like projections on the cells lining the respiratory system are called:

   A. cilia
   B. villi
   C. projecti
   D. omenta

4. It would not be possible for oxygen to reach lung tissue if there were an obstruction in the:

   A. left bronchus
   B. trachea
   C. esophagus
   D. alveolar sacs

5. The use each body cell makes of its oxygen supply is described as:

   A. breathing
   B. internal respiration
   C. external respiration
   D. combustion

6. An important responsibility of the alveoli in the respiratory system is:

   A. to continue breathing activities
   B. external respiration
   C. to keep the oxygen level in the brain constant
   D. to pass oxygen from the respiratory system into the circulatory system

7. Foods and fluids are kept out of the trachea by the action of the:

A. faucil tonsil
B. esophagus
C. hard palate
D. epiglottis

8. Paralysis of the diaphragm would cause respiratory difficulty because it would be impossible:

A. for the intercostal muscles to contract
B. to increase and decrease size of the chest cavity
C. for the alveolar muscles to relax
D. to prevent bronchial spasm

9. Faster and deeper respirations are ordered by the respiratory center in the brain when:

A. the bronchioles go into spasm
B. carbon dioxide accumulates in the blood stream
C. activity is increased
D. accumulated food supplies must be burned

10. The exchange of oxygen and carbon dioxide in external respiration takes place in the:

A. lungs
B. bronchioles
C. capillaries and the body cells
D. alveoli and pulmonary capillaries

11. The two body systems that share the responsibility for supplying an adequate amount of oxygen to all the cells of the body are the:

A. muscular and respiratory systems
B. circulatory and respiratory systems
C. circulatory and skeletal systems
D. digestive and respiratory systems

12. The action that forces air out of the lungs is the:

A. contraction of the intercostal muscles
B. relaxation of the diaphragm
C. contraction of the abdominal muscles
D. filling of the alveoli with carbon dioxide

13. After the cells have used their oxygen supply, the waste produced is called:

A. metabolism
B. combustion
C. carbon dioxide
D. energy

14. The secretion produced by the membrane lining of the respiratory tract is called:

A. cilia
B. mucus
C. serum
D. sputum

15. When the cells of the body are not receiving any oxygen, the condition is called:

A. apnea
B. anoxia
C. dyspnea
D. orthopnea

16. The vertical size of the chest cavity is increased by the:

A. contraction of the diaphragm
B. relaxation of the diaphragm
C. contraction of the lung tissue
D. relaxation of the lung tissue

17. The vocal cords are in the:

A. pharynx
B. trachea
C. larynx
D. bronchi

18. The respiratory tract is lined with:

A. serous membrane
B. mucous membrane
C. synovial membrane
D. connective tissue

19. Hoarseness or inability to make voice sounds probably would be a result of inflammation or injury of the:

A. trachea
B. nasal cavities
C. alveoli
D. larynx

20. Adenoids is the common term for the:

A. palatine tonsils
B. pharyngeal tonsils
C. tonsillar pillars
D. lingual tonsils

21. The system that serves to exchange gases between the air and the blood is known as the:

A. cardiovascular system
B. respiratory system
C. genitourinary system
D. excretory system

22. The lungs function to replace carbon dioxide with oxygen in the blood as it passes through them. This is called:

A. arterial circulation
B. venous circulation
C. pulmonary circulation
D. bronchial circulation

23. Many children with tonsillitis develop an ear infection. This is because the ear and throat are connected by the:

A. larynx
B. eustachian tube
C. epiglottis
D. esophagus

24. The respiratory center is located in the part of the brain called the:

A. medulla
B. thalamus
C. midbrain
D. cerebellum

25. Which of the following is not a function of the nasal passages?

A. Warming and moistening inhaled
B. Acting as a filter
C. Allowing for absorption of oxygen and carbon dioxide
D. Serving as passageways for air

26. The structure commonly called the throat is the:

A. larynx
B. trachea
C. esophagus
D. pharynx

27. The exchange of oxygen and carbon dioxide between the outside air and lung capillaries take place in the:

A. bronchioles
B. alveoli
C. trachea
D. pleura

28. The large, dome-shaped muscle that separates the thoracic and abdominal cavities is called the:

A. peritoneal fold
B. diaphragm
C. intercostal muscle
D. thoracis muscle

29. Carbon dioxide acts as a:

A. respiratory stimulant
B. vasodilator
C. respiratory depressant
D. bronchodilator

30. The pleura is the:

A. lower part of the lung
B. main branch of the bronchial tree
C. muscle most important in respiration
D. smooth, moist membrane that lines the chest cavity and covers the outer surface of the lung

31. Between the lungs is a space containing the heart among other things. This space is known as the:

A. melatonin
B. jejunum
C. mediastinum
D. epistaxis

32. All of the following are true statements concerning the lung except that:

A. the narrow upper portion of lung is the apex
B. lung tissue reproduces and repairs itself
C. it's covered by moist, slippery membrane called pleura
D. when the nerve is cut to the diaphragm, the diaphragm continues to work autonomically, as the heart does

33. The nerve that controls the diaphragm is known as the:

A. phrenic nerve
B. celiac nerve
C. polyp nerve
D. catarrh nerve

34. The larynx is:

A. usually larger in the male
B. usually larger in the female
C. the same in both male and female
D. small in the male

35. All the following are true of the trachea except that:

A. it's a tube surrounded by C-shaped rings of cartilage
B. it extends from larynx to bronchi
C. it's lined with cilia
D. it's located above the larynx

THE RESPIRATORY SYSTEM
ANSWER SHEET

1. A
2. C
3. A
4. B
5. B
6. D
7. D
8. E
9. B
10. D
11. B
12. B
13. C
14. B
15. B
16. A
17. C
18. B
19. D
20. B
21. B
22. C
23. B
24. A
25. C
26. D
27. B
28. B
29. A
30. D
31. C
32. D
33. A
34. A
35. D

URINARY SYSTEM

URINARY SYSTEM

URINARY SYSTEM
UNIT XII

1. Urine drains from the kidneys to the bladder through the:

   A. urethra
   B. ureters
   C. renal pelvis
   D. renal tubules

2. The female urinary meatus is located between the:

   A. perineum and anus
   B. bladder and urethra
   C. clitoris and vagina
   D. bladder and rectum

3. Urine usually contains:

   A. inorganic salts, casts, and water
   B. water, metabolic wastes, and salts
   C. water, glucose, and urea
   D. inorganic salts, urea, and casts

4. The normal pH of urine is about:

   A. 8.0
   B. 6.0
   C. 3.0
   D. 7.0

5. The role of the kidney in homeostasis is demonstrated by the fact that:

   A. sugar cannot accumulate in the blood stream
   B. the kidney returns needed materials to the blood stream
   C. only small particles can get through the capillary wall
   D. more fluid intake yields less urine output

6. The functioning unit of the urinary system is the:

   A. glomerulus
   B. cortex
   C. nephron
   D. afferent and efferent arteriole

7. The urinary tract is lined with:

   A. synovial membrane
   B. mucous membrane
   C. serous membrane
   D. cutaneous membrane

8. A substance that often appears in the urine secreted by a damaged kidney is:

A. bile
B. sugar
C. albumin
D. salt

9. The production and elimination of urine includes the organs of the urinary system in the order of:

A. cortex, urethra, bladder, ureter
B. kidney, urethra, bladder, ureter
C. kidney, pelvis, ureter, bladder
D. kidney, ureter, bladder, urethra

10. Urine not only passes down through the ureters by gravity but also is forced down by:

A. crenation
B. peristalsis
C. osmosis
D. mitosis

11. The greater part of the nephron is found in the:

A. cortex
B. renal pelvis
C. medulla
D. convoluted tubule

12. The urethra is characterized by:

A. an opening to the exterior named the urinary meatus
B. a lining of serous membrane
C. peristalsis
D. an opening to the renal pelvis

13. Within the kidneys, there are millions of microscopic units which carry out the function of producing urine. These functional units are called:

A. neurons
B. renal tubules
C. nephrons
D. renal cortex

14. In the process of producing urine, the kidneys must:

A. dilute the chemicals and fluid absorbed from the blood
B. concentrate the fluid withdrawn from the blood
C. both filter and concentrate the urine before it reaches the kidney pelvis
D. eliminate all waste products not removed by the intestines

15. The long, narrow tubes which drain urine from the kidneys to the urinary bladder are the:

A. renal tubes
B. kidney pelvis
C. urethras
D. ureters

16. The length of the urethra is usually:

A. 6 inches in the female; 2 inches in the male
B. 2 inches in the female; 6 to 8 inches in the male
C. 4 inches in the male and the female
D. 8 inches in the male and the female

17. A kidney stone is lodged in a patient's right ureter. The ureters are:

A. two small tubes leading from the kidneys to the bladder
B. the small basins located just below each kidney
C. the small tubes leading from the bladder to the outside
D. two small tubes leading from the renal arteries to the kidneys

18. The kidney is located in an area known as the:

A. mediaperitoneal space
B. retroperitoneal space
C. nephropexy
D. retrocecal space

19. What percentage of urine is water?

A. 20%
B. 60%
C. 95%
D. 75%

20. Reabsorption of materials and secretion of urine occurs in the:

A. renal pelvis
B. glomerulus
C. Bowman's capsule
D. convoluted tubule

21. When learning to control the automatic reflex of the bladder, a child is training the muscle fibers which contract to prevent emptying. These muscle fibers form what is known as the:

A. urethral meatus
B. strictures
C. external sphincter
D. urethritis

22. The chamber(s) of the kidney responsible for collection of urine is/are the:

A. Bowman's capsule
B. renal pelvis or renal basin
C. ureters
D. glomerulus

23. The reservoir for urine until it is eliminated from the body is the:

A. urethra
B. renal pelvis
C. bladder
D. loop of Henle

24. Urine is normally:

A. clear, light, straw-colored
B. alkaline in reaction
C. pH 7
D. strongly aromatic

25. When the bladder is empty, it lies:

A. in an unprotected position in the lower abdomen
B. below the parietal peritoneum and behind the pubic joint
C. against the muscles of the back in the upper abdomen
D. in the thoracic cavity with the mediastinum

26. The kidneys are located in the retroperitoneal space. This means:

A. below the peritoneum
B. above the peritoneum
C. posterior to the peritoneum
D. anterior to the peritoneum

27. The renal capsule is a smooth, fibrous, transparent membrane around the kidney which:

A. also surrounds the adipose tissue and renal fascia
B. acts as a barrier against trauma
C. anchors the kidney to the abdominal wall
D. holds the kidney in place

28. Blood vessels and nerves enter the kidney at the:

A. hilum
B. cortex
C. calyx
D. loop of Henle

29. Glomerulus is another name for the renal:

A. arteries
B. arterioles
C. capillaries
D. tubules

30. A normal waste product in urine is:

A. albumin
B. blood
C. glucose
D. urea

31. The gland sitting on top of the kidney is the:

A. thyroid
B. adrenal
C. pituitary
D. pineal

32. The normal color of urine is:

A. brownish
B. whitish
C. pinkish
D. yellowish

33. Three principle parts of the kidney are:

A. medulla, nephron, ureter
B. medulla, cortex, renal pelvis
C. glomerulus, Bowman's capsule, cortex
D. prostate gland, urethra, blood vessels

34. Which is not a term used specifically to mean expelling urine?

A. Micturition
B. Elimination
C. Voiding
D. Urination

35. The normal specific gravity of urine is:

A. 0.090-0.030
B. 1.015-1.025
C. 1.140-1.150
D. 1.210-1.220

36. Table salt is composed of two elements which are:

A. oxygen and chlorine
B. hydrogen and chlorine
C. sodium and chlorine
D. carbon and chlorine

THE URINARY SYSTEM
ANSWER SHEET

1. B
2. C
3. B
4. B
5. B
6. C
7. B
8. C
9. D
10. B
11. A
12. A
13. A
14. C
15. D
16. B
17. A
18. B
19. C
20. D
21. C
22. B
23. C
24. A
25. B
26. C
27. B
28. A
29. C
30. D
31. B
32. B
33. B
34. B
35. B
36. C

NERVOUS SYSTEM

NERVOUS SYSTEM
UNIT XIII

1. A characteristic difference between a nerve cell body and other cell bodies in the human body is its:

   A. inability to repair or replace itself
   B. location in one concentrated section of the brain
   C. sensibility and irritability
   D. nonelasticity

2. The functioning unit of the nervous system is the:

   A. neuron
   B. myelin sheath
   C. nerve
   D. axon

3. The nurse is advised to put external heat on a paralyzed part with extreme caution. The patient cannot feel the heat because the:

   A. nerves carrying motor neurons are malnourished
   B. sensory messages do not get through to the brain and spinal cord
   C. heat-regulating center in the brain does not work
   D. brain patterns for heat and cold are confused

4. The parasympathetic and sympathetic nervous systems are concerned with control of:

   A. voluntary movements
   B. the senses
   C. involuntary or automatic functions
   D. both voluntary and involuntary functions of the body

5. A patient who was found in a coma was given a drug to stimulate the respiratory center. The respiratory center is located in the:

   A. cerebellum
   B. medulla oblongata
   C. cerebrum
   D. hypothalamus

6. You would know something was burning if you SAW flames, HEARD a crackling noise, FELT a stinging in your eyes, and SMELLED smoke. This would be an example of the function of the brain known as:

   A. control of stimuli
   B. receiving stimuli
   C. stimulating action
   D. coordination of stimuli

7. Cerebrospinal fluid is produced from materials supplied by the:

A. brain
B. meninges
C. spinal cord
D. circulatory system

8. Messages of touch or smell are carried to the brain by the nerves classified as:

A. motor
B. cranial
C. sensory
D. peripheral

9. The function of the spinal fluid which would be described as <u>protective</u> is one that provides for:

A. a source of food to the brain
B. getting rid of the products of brain metabolism
C. cushioning the brain and spinal cord against injury
D. equalizing the pressure on the brain

10. When a lumbar puncture is performed for the purpose of obtaining a specimen of spinal fluid, the needle is usually inserted between the third and fourth lumbar vertebrae because:

A. there is no spinal fluid below this point
B. the spinal cord can be penetrated most easily at this level
C. the spinal cord ends above the second lumbar vertebrae
D. the vertebrae are smaller at this level

11. An important function of the myelin sheath is to:

A. carry messages to the brain
B. carry impulses to the cell body
C. provide insulation and speed impulse conduction
D. carry messages away from the brain

12. The central nervous system is made up of the:

A. spinal cord and vertebrae
B. brain and cranial nerves
C. brain and spinal cord
D. white matter and gray matter

13. The point of contact between the axon of one neuron and the dendrites of another neuron is called a:

A. glioma
B. synapse
C. myelin sheath
D. reflex arc

14. Efferent nerves are those which:

A. affect personality
B. control functions of the glands
C. control vasoconstriction
D. carry impulses from the brain or spinal cord to muscles and glands

15. The cerebrum is:

A. below the interbrain
B. the gray part of the brain
C. the largest part of the brain
D. connected to the spinal cord

16. A function of the hypothalamus is to:

A. control voluntary muscles and judgements
B. control body temperature, sleep, some emotions, and both divisions of the autonomic nervous system
C. control vision
D. control hearing, smell, and taste

17. Thinking and making decisions are done in the part of the brain called the:

A. cerebellum
B. cerebrum
C. medulla
D. ganglion

18. The end of a nerve cell that receives messages is called the:

A. axon
B. cyton
C. brush
D. dendrite

19. Afferent nerves transmit messages:

A. to the brain
B. away from the central nervous system
C. to the heart
D. toward the central nervous system

20. Efferent refers to what kind of neuron?

A. Sensory
B. Peripheral
C. Motor
D. Sutonomic

21. The structure which conducts impulses away from a nerve cell body is called:

A. pons
B. axon
C. medulla
D. dendrite

22. Many vital reflexes have their center in the:

A. cerebellum
B. cerebrum
C. pons
D. medulla oblongata

23. The cranial nerve that supplies most of the organs in the thoracic and abdominal cavities is the:

A. trochlear
B. accessory
C. abducens
D. vagus

24. The layer of meninges that gives the blood supply to the brain is the:

A. dura mater
B. arachnoid
C. pia mater
D. alma mater

25. The part of the brain that serves as a reflex center for muscle coordination and equilibrium is the:

A. medulla
B. cerebellum
C. cerebrum
D. pons

26. The meninges are:

A. membranous coverings of the brain
B. three layers of tissue which cover the brain and spinal cord
C. the bony layers of tissue covering the spinal cord
D. nerve cells on the outer surface of the brain and spinal cord

27. Which division of the nervous system is composed of the spinal and cranial nerves?

A. Peripheral
B. Autonomic
C. Central
D. Sympathetic

28. Efferent nerves are those which:

A. affect personality
B. control body functions
C. receive messages from the body
D. transmit messages from the CNS

29. The areas of the brain concerned with higher mental functions are the:

A. association areas
B. sensory areas
C. motor areas
D. mixed areas

30. Which of the following is not true about the blood supply to the brain?

A. It needs 15% of the cardiac output
B. Carbon dioxide has no effect on it
C. There are alternate pathways through the brain for blood
D. Irreversible damage will occur if the blood supply is halted for six to ten minutes

31. Which is not true about the cranial nerves?

A. Some are motor nerves
B. Some are sensory nerves
C. They must be motor or sensory
D. There are 12 pair

32. Which of the following cranial nerves and their functions do not match?

A. Olfactory - smell
B. Auditory - taste
C. Optic - sight
D. Oculomotor - eye movement

33. Which is an incorrect statement?

A. Spinal nerves are named according to the segment of the spinal cord they are attached to
B. Spinal nerve injury may cause a loss of feeling
C. Spinal nerve injury may result in loss of voluntary movement
D. Spinal nerves supply several dermatomes

34. The pons:

A. is the most vital reflex center
B. is a part of the conduction pathway between the spinal cord and the brain
C. regulates body temperature
D. receives auditory impulses

35. One function of the spinal cord is to:

A. control balance and coordination
B. conduct impulses from various nerves to the brain
C. control thinking
D. control facial muscle movement

36. The cerebrospinal fluid fills a space between the middle and inner membranes of the spinal column known as the:

A. ventricle
B. subarachnoid
C. sinus
D. dendrite

37. The function of the neurilemma is:

A. control
B. regeneration
C. insulation
D. communication

38. The substance which gives the nerve fibers their white, shining appearance and acts as insulation is the:

A. neurilemma
B. myelin sheath
C. gray matter
D. protein sheath

39. The division of the autonomic nervous system which regulates the body when it is under the stress and prepares it for "flight or fight" is the:

A. sympathetic
B. parasympathetic
C. voluntary
D. involuntary

THE NERVOUS SYSTEM
ANSWER SHEET

1. A
2. A
3. B
4. C
5. B
6. D
7. D
8. C
9. C
10. C
11. C
12. C
13. B
14. D
15. C
16. B
17. B
18. D
19. D
20. C
21. B
22. D
23. D
24. B
25. B
26. C
27. A
28. D
29. A
30. B
31. C
32. B
33. D
34. B
35. B
36. B
37. B
38. B
39. A

SPECIAL SENSES

SPECIAL SENSES
UNIT XIV

1. The oculomotor nerve:

   A. carries visual impulses from retina to brain
   B. controls part of the eye muscles
   C. carries impulses of pain, touch, and temperature
   D. controls tongue muscles

2. The ossicles (malleus, incus, and stapes) are found in the:

   A. outer ear
   B. middle ear
   C. inner ear
   D. eustachian tube

3. The organ of Corti, the organ for hearing, is found in the:

   A. tympanum
   B. external auditory canal
   C. eustachian tube
   D. cochlea

4. The olfactory nerve is responsible for the sense of:

   A. smell
   B. sight
   C. hearing
   D. balance

5. Sound vibrations are <u>first</u> picked up by the:

   A. auricle
   B. external auditory canal
   C. tympanic membrane
   D. cilia in the ear

6. Another name for the eardrum is the:

   A. otitis media
   B. middle ear divider
   C. ossicles
   D. tympanic membrane

7. The external ear is separated from the middle ear by the:

   A. malleus
   B. stirrup
   C. eardrum
   D. cerumen

8. Sound vibrations are transferred to the brain by way of the auditory nerve. The auditory nerve picks up these impulses in the structure known as the:

A. semicircular canals
B. cochlea
C. stirrup
D. olfactory nerve

9. The ability to maintain balance and to know our position in space are functions of the:

A. semicircular canals
B. cochlea
C. stirrup
D. hypothalamus

10. Vibrations pass from the outer eardrum to the inner eardrum (oval window) by way of the:

A. malleus
B. incus
C. ossicles
D. stapes

11. When the throat, eustachian tubes, and middle ear are all in good health, the middle ear will be filled with:

A. air
B. ossicles
C. fluid
D. tympanites

12. An ear infection that follows a cold nas passed <u>from</u> the throat <u>through</u> the eustachian tube <u>to</u> the:

A. eardrum
B. semicircular canals
C. inner ear
D. middle ear

13. A middle ear infection can be caused by <u>extension</u> of a nasal infection through the:

A. sinuses
B. tonsils
C. oropharynx
D. eustachian tube

14. The inner ear contains a group of structures important in the maintenance of body balance. These structures are known as the:

A. cochleas
B. tympanic membranes
C. semicircular canals
D. stapes

15. The external auditory canal of the small child is made up chiefly of material called:

A. tendons
B. ligaments
C. gristle
D. cartilage

16. Tears are produced by the:

A. Cowper's glands
B. orbital glands
C. lacrimal glands
D. optic glands

17. When we say that light rays are refracted by the eye, we mean that they are:

A. screened from the retina
B. directed through the retina
C. bent so they will focus on the retina
D. lengthened so they will not damage the retina

18. The outer layer of the eye is the:

A. sclera
B. lens
C. retina
D. choroid

19. Light rays enter the eye through the:

A. iris
B. retina
C. pupil
D. optic disc

20. Receptors for vision are in the:

A. sclera
B. choroid
C. ciliary body
D. retina

21. The ciliary muscle controls the shape of the:

A. lens
B. pupil
C. cornea
D. retina

22. A person will be nearsighted or farsighted depending on whether the light rays fall:

A. in front of or behind the retina
B. in the rods or the cones
C. on the blind spot of the retina
D. directly or indirectly on an object

23. A continuous flow of tears across the eyeball not only protects the eye from environmental dusts but is also necessary to:

A. destroy all body bacteria
B. keep the eyeball moist
C. filter the light rays
D. permit light rays to focus on the retina

24. The number and intensity of light rays reaching the retina willdepend on the size of the opening called:

A. the cornea
B. Schlemm's canal
C. the lens
D. the pupil

25. Rods and cones pick up the light impulses and transfer them to the optic nerve. The rods and cones are located in the:

A. pupil
B. cornea
C. sclera
D. retina

26. When a cataract has been removed, the nurse knows that the anatomic parts removed are the:

A. iris and pupil
B. lens and its capsule
C. lens and vitreous humor
D. cornea and conjunctiva

27. The eye is able to focus on a near object and then immediately adjust to an object in the distance. The term for this ability is:

A. accommodation
B. myopia
C. adjustments
D. strabismus

28. The function of the firm, gelatin-like vitreous humor is to:

A. screen the light rays
B. interpret colors
C. hold the shape of the eyeball
D. supply food to the eye

29. Tears leave the lacrimal gland and flow across the eye in the direction of the:

A. temple
B. conjunctiva
C. inner canthus
D. cornea

30. The part of the eye containing the pigment that determines the color of the eye is called the:

A. iris
B. pupil
C. sclera
D. retina

31. Hyperopia is:

A. nearsightedness
B. farsightedness
C. elevated pressure inside of the eye
D. blindness

32. The most important senses are vision, taste, smell, hearing, and:

A. touch
B. eating
C. thinking
D. resting

33. The eyeball keeps its spherical shape chiefly because the posterior part is filled with a jelly-like substance called:

A. lens
B. vitreous humor
C. aqueous humor
D. lacrimations

34. The tympanic membrane of the ear is commonly called the:

A. eardrum
B. ear lobe
C. middle ear
D. mastoid

35. The auditory nerve receives sound waves from a shell-like structure called the:

A. semicircular canal
B. stapes
C. cochlea
D. pinna

36. An injury to the optic nerve will result in an impairment or loss of:

A. hearing
B. motion of the eyeballs
C. the ability to swallow
D. sight

37. A person having neural or nerve deafness would have some impairment in the functioning of the:

A. olfactory nerve
B. auditory nerve
C. abducens nerve
D. vagus nerve

38. The middle ear contains the hammer, anvil, and stirrup, which are:

A. shell-like bones which conduct sound waves
B. membranes reaching from the inner ear to the outer ear
C. three small sacs containing fluid
D. very small bones which resemble the objects for which they are named

39. The auditory nerve receives sound waves from a snail-like structure called the:

A. semicircular canal
B. stapes
C. cochlea
D. pinna

40. The most important protective sense is the sense of:

A. vision
B. taste
C. hearing
D. pain

41. The specialized sense receptors on the tongue which detect sweet tastes are located:

A. on the lateral edges
B. posteriorly
C. anteriorly
D. in the middle

42. After prolonged exposure to odors,:

A. optic nerves become less sensitive
B. tactile stimulation becomes tiring
C. olfactory impulses are intensified
D. nerves of the olfactory mechanism become less sensitive

43. An error of refraction in which the image is focused in front of the retina is known as:

A. hyperopia
B. myopia
C. astigmatism
D. presbyopia

44. An inflammation of the conjunctiva involves the:

A. glands that produce tears
B. delicate membrane lining the eyelids and covering the front part of the eyeball
C. portion of the eye that contains the optic nerve
D. circular band surrounding the pupil

SPECIAL SENSES
ANSWER SHEET

1. B	21. A	41. C
2. B	22. A	42. D
3. D	23. B	43. B
4. A	24. D	44. B
5. A	25. D	
6. D	26. B	
7. C	27. A	
8. B	28. C	
9. A	29. C	
10. C	30. A	
11. A	31. B	
12. D	32. A	
13. D	33. B	
14. C	34. A	
15. D	35. C	
16. C	36. D	
17. C	37. B	
18. A	38. D	
19. C	39. C	
20. D	40. D	

[redacted]

ENDOCRINE SYSTEM

ENDOCRINE SYSTEM
UNIT XV

1. Giantism is caused by an excess production of:

   A. somatotropic hormone (STH)
   B. progesterone
   C. parathyroid hormone
   D. insulin

2. The mineral necessary for the production of thyroxin is:

   A. iodine
   B. calcium
   C. iron
   D. phosphorus

3. Epinephrine counteracts shock by:

   A. lowering the blood pressure
   B. raising the blood pressure
   C. decreasing internal hemorrhaging
   D. slowing the heartbeat

4. Hypofunction of the islets of Langerhans causes:

   A. exophthalmic goiter
   B. myxedema
   C. diabetes mellitus
   D. diabetes insipidus

5. Androgens are secreted by the:

   A. ovaries and placenta
   B. adrenal medulla and testes
   C. thymus and parathyroid
   D. testes and adrenal cortex

6. The thymus gland atrophies following:

   A. birth
   B. puberty
   C. menopause
   D. removal of the thyroid gland

7. The endocrine gland located in the neck is called the:

   A. thymus
   B. pituitary
   C. thyroid
   D. adrenal

8. A deficiency in the hormone produced by the parathyroid gland will cause:

A. gigantism
B. dwarfism
C. inbalance of the body's calcium level
D. decrease of potassium in the blood

9. A person having an increase in thyroxin production would be most likely to have:

A. an increase in physical growth and a decrease in mental ability
B. an increase in the level of blood sugar
C. a decrease in blood pressure
D. an increase in metabolic rate

10. The hormone released by the medulla of the adrenal gland at times of emergency is called:

A. insulin
B. epinephrine or adrenalin
C. medullin or adrenalin
D. the pressor principle

11. The corticoids, which are most important for defense against stress or injury to the body, are secreted by the:

A. pituitary gland
B. adrenal cortex
C. adrenal medulla
D. thyroid

12. The two hormones secreted by the ovaries are important in the:

A. development of secondary sex characteristics and normal menstruation
B. maintenance of water balance in the body
C. regulation of metabolic rate
D. transmission of sex-linked genetic traits

13. Myxedema is a malfunction of which one of the following endocrine glands?

A. Thyroid
B. Parathyroid
C. Adrenal (medulla)
D. Pituitary (anterior)

14. Dwarfism is caused by a malfunction of the:

A. adrenal (medulla) gland
B. pituitary (anterior) gland
C. pituitary (posterior) gland
D. thyroid gland

15. Acromegaly is caused by a malfunction of the:

A. thyroid gland
B. ovary
C. pituitary (anterior) gland
D. parathyroid gland

16. Cretinism is caused by a malfunction of which one of the following endocrine glands?

A. Thyroid gland
B. Pituitary (anterior) gland
C. Pituitary (posterior) gland
D. Parathyroid gland

17. One of the most important glands in the body, often referred to as the "Master Gland," is the:

A. thyroid gland
B. thymus
C. adrenal gland
D. pituitary gland

18. A hormone secreted by the male sex gland is:

A. estrogen
B. progesterone
C. insulin
D. testosterone

19. The pancreas secretes:

A. insulin
B. adrenalin
C. gastric juice
D. estrogen

20. The endocrine glands secrete hormones into:

A. body cavities
B. ducts
C. the blood stream
D. the intestinal tract

21. The two adrenal glands are situated one:

A. on each side of the thyroid cartilage
B. over each kidney
C. on each side of the urinary bladder
D. at each end of the pancreas

22. If the thyroid gland is to function adequately, it must have a sufficient supply of:

A. calcium
B. phosphorous
C. iron
D. iodine

23. Adrenalin is the hormone that prepares us:

A. to metabolize sugar
B. to use our calcium reserves
C. to handle an emergency
D. to force a baby out of the uterus

24. Hormones are:

A. secreted by endocrine and exocrine glands
B. chemical regulators secreted by endocrine glands
C. primarily concerned with growth and normal functioning of sex glands
D. useful only in treating diseases of the reproductive systems

25. The hormone secreted by the posterior pituitary gland that stimulates contractions of the muscles of the uterus is:

A. melaocyte
B. ADH
C. oxytocin
D. aldosterone

26. Endocrine glands located in the cranial cavity are the:

A. pineal and pituitary glands
B. thyroid and parathyroid glands
C. pineal and parathyroid glands
D. pituitary and parathyroid glands

27. An important function of a secretion of the pituitary gland's anterior lobe is its regulation of:

A. utilization of blood sugar
B. pregnancy
C. the rate and amount of growth
D. the fear mechanism

28. The insulin which the body produces is chiefly responsible for:

A. preventing the body from changing so much sugar into glucose
B. slowing up the appetite for sugar
C. helping the body use up its glucose
D. making the digestive juices effective

29. The largest gland in the endocrine system is the:

A. thymus
B. pituitary gland
C. thyroid gland
D. adrenal gland

30. In the female, the endocrine glands known as gonads are:

A. the fallopian tubes
B. Bartholin's glands
C. the ovaries
D. the pituitaries

31. Hormones:

A. are the product of duct glands
B. are essential for reproduction
C. enter the blood through ducts
D. are solely responsible for weight control

32. Which of the following is the most significant function of insulin in the body?

A. It increases the rate of glucose metabolism
B. It increases glycogen storage
C. It increases the blood sugar level
D. It increases the hormones produced by the pituitary gland

33. The hormone which governs salts and fluids in the body is:

A. glucagon
B. andosterone
C. hydrocortisone
D. aldosterone

34. A ductless gland that decreases in size at puberty is called the:

A. adrenal gland
B. pituitary
C. thyroid gland
D. thymus

35. Which of the following is <u>not</u> a function of oxytocin?

A. Contraction of the smooth muscle of a pregnant uterus
B. Raising arterial blood pressure
C. Helping control post-partum hemorrhaging
D. Expression of milk into the mammary ducts

36. Parathyroid hormone:

A. in excessive amounts causes tetany
B. regulates the level of calcium in the blood
C. in deficiency causes metrorrhagia
D. causes renal calculi

37. The pituitary gland is considered the most important endocrine gland because:

A. its secretions stimulate other endocrine glands to produce
B. its secretions control the nervous system
C. it produces so many different secretions
D. its secretions circulate freely in the blood stream

38. Epinephrine is the generic name for:

A. pitocin
B. pitressin
C. adrenalin
D. syntocin

39. The amount of thyroxin produced by the thyroid gland determines:

A. the growth of axillary and pubic hair
B. the quantity of milk produced by the breast
C. muscle coordination
D. metabolic rate

40. Endocrine glands are different from exocrine glands because they:

A. produce essential body secretions
B. pour their secretions directly into the blood stream
C. regulate some area of growth and development
D. are necessary for life

41. Which of the following is a function of norepinephrine?

A. Dilatation of the pupils
B. Relaxation of intestinal smooth muscle
C. Dilatation of skeletal muscle blood vessels
D. Vasoconstriction which raises blood pressure

42. The hormone responsible for growth of the mammary duct system in pregnancy is:

A. testosterone
B. oxytocin
C. ACTH
D. progesterone

43. Pitocin, an extract from the hormones of the posterior pituitary,:

A. regulates the amount of calcium in the blood
B. causes contraction and emptying of the gallbladder
C. induces uterine contractions
D. reduces production of milk in the female

44. The effects of epinephrine include:

A. relaxation of blood vessels
B. conversion of glycogen to sugar
C. decreased heartbeat
D. dilation of bronchioles

45. This temporary organ or gland produces several hormones during pregnancy. It causes changes in the uterine lining, helps to prepare the breasts for lactation, and pregnancy tests are based upon the presence of its secretions. This gland-like organ is the:

A. pineal body
B. melatonin
C. placenta
D. corpus luteum

46. ADH (antidiuretic) and oxytocin are manufactured in the:

A. posterior pituitary
B. anterior pituitary
C. parathyroids
D. placenta

47. LH (luteinizing) and LTH (luteotropic) hormones are considered:

A. antidiuretics
B. gonadotroins
C. growth hormones
D. gastrins

48. Production of hormones during pregnancy is done by the:

A. thymus
B. placenta
C. pineal body
D. testes

49. Which of the following is secreted by the endocrine glands?

A. Gastrin
B. Secretion
C. Thyroxin
D. Villikinin

50. The hormone(s) that function to develop and maintain the female reproductive organs is/are:

A. testosterone
B. estrogen and progesterone
C. corticoids
D. adrenalin

51. Adrenalin is produced by the:

A. adrenal medulla
B. medulla
C. adrenal cortex
D. cortex

52. The function of the parathyroid gland is:

A. development and maintenance of female reproductive organs
B. stimulation of growth
C. regulation of calcium and phosphorus
D. control of other glands

THE ENDOCRINE SYSTEM
ANSWER SHEET

1. A	21. B	41. D
2. A	22. D	42. B
3. B	23. C	43. C
4. C	24. B	44. D
5. D	25. C	45. C
6. B	26. A	46. A
7. C	27. C	47. B
8. C	28. C	48. B
9. D	29. C	49. C
10. B	30. C	50. B
11. B	31. B	51. A
12. A	32. A	52. C
13. A	33. D	
14. B	34. D	
15. C	35. B	
16. A	36. B	
17. D	37. A	
18. D	38. C	
19. A	39. D	
20. C	40. B	

REPRODUCTIVE SYSTEM

REPRODUCTIVE SYSTEM
UNIT XVI

1. The lining of the uterus is called the:

   A. peritoneum
   B. endometrium
   C. perineum
   D. myometrium

2. Menstruation depends primarily on:

   A. circulating blood
   B. digestion
   C. hormone action
   D. intake of fluids

3. The sperm of the male, as a general rule, unites with the ovum or egg of the female in the:

   A. ovary
   B. fallopian tube
   C. uterus
   D. cervix

4. The accessory glands of the female reproductive organs include:

   A. Cowper's gland
   B. Bartholin's gland
   C. vas deferens
   D. prostate

5. Fertilization occurs:

   A. in the uterine fundus
   B. when several sperm penetrate the ovum
   C. when the union forms a new one-celled individual
   D. when the sperm are ejaculated into the vagina

6. The penis:

   A. stores the semen
   B. is the copulatory organ
   C. constitutes the external genitals of the male
   D. stores the gonads

7. The male germ cell is called a:

   A. spermatocute
   B. spermatid
   C. spermatogonium
   D. spermatozoa

8. In the female, the external urinary meatus is located between the:

A. clitoris and vaginal orifice
B. bladder and urethra
C. perineum and anus
D. anus and bladder

9. One function of the ovaries is:

A. production of ova
B. secretion of seminal fluid
C. production of mucus for lubrication
D. to act as a receptacle for fertilized ovum

10. The uterus lies in the abdominal cavity:

A. just below the bladder
B. above the bladder
C. between the bladder and rectum
D. directly below the vaginal orifice

11. The lower part of the uterus narrows and forms a neck which is called the:

A. fundus
B. body
C. cervix
D. vagina

12. The muscular structure which forms the floor of the pelvis is called the:

A. peritoneum
B. parietal muscle
C. mons pubis
D. perineum

13. The mammary glands may secrete:

A. female hormones
B. the menstrual flow
C. milk
D. a lubricating fluid

14. The external parts of the female reproductive system form the:

A. hymen
B. corpus luteum
C. vulva
D. fornices

15. The bipartite sac in the male which contains the testes is the:

A. semen
B. scrotum
C. Wolffian sac
D. spermatic cord

16. There is no connection between the ovaries and the fallopian tubes, so the ova are swept into the tubes by a current in the peritoneal fluid. This current is produced by small, fringe-like extensions from the abdominal openings of the tubes. These extensions are:

A. oviducts
B. ovarian follicles
C. fimbria
D. rugae

17. The combination of ducts, nerves, and blood and lymph vessels extending from the scrotum and testes on each side through the abdominal wall is called:

A. epididymis
B. spermatic cord
C. seminal vesicles
D. phimosis

18. Ovulation is the process of:

A. producing a mature ovum
B. beginning the menstrual flow
C. fertilizing a mature ovum
D. releasing a mature ovum

19. Ovulation usually occurs:

A. two days after the menstrual flow stops
B. immediately before menstruation starts
C. mid-point of the menstrual cycle
D. after the ovum has been fertilized

20. The hormone produced by the male gonads is:

A. progesterone
B. testosterone
C. estrogen
D. estrona

21. In the female, the lower part of the birth canal which opens to the outside of the body, is the::

A. vagina
B. cervix
C. posterior fornix
D. hymen

22. The testes descend into the scrotum because:

A. they need adequate room to grow
B. the pelvic cavity is too warm
C. the scrotum offers more protection
D. of the force of gravity

23. One hormone secreted by the ovaries is:

A. luteinizing (L. H.)
B. F. S. H.
C. testosterone
D. progesterone

24. The prostate gland is located:

A. above the bladder in the abdominal cavity
B. above the bladder around the ureters
C. below the bladder around the ureters
D. below the bladder in front of the urethra

25. Spermatozoa are formed in the:

A. prepuce
B. glans penis
C. prostate gland
D. testicles

26. The testicles are normally situated in the:

A. abdomen
B. inguinal canal
C. scrotum
D. prostate gland

27. Circumcision is surgical removal of the:

A. testicles
B. prepuce
C. spermatic cord
D. prostate gland

28. The two tubes that extend upward from the testes and form part of the spermatic cord are the:

A. vas deferens
B. urethra
C. ejaculatory duct
D. epididymis

29. The single tube which conducts urine and sperm to the outside is the:

A. vas deferens
B. urethra
C. ejaculatory duct
D. epididymis

30. The external genital organ which serves as the male organ of copulation is the:

A. prostate
B. Cowper's gland
C. seminal vesicle
D. penis

31. What is the release of a mature ovum called?

A. Ovulation
B. Menstruation
C. Conception
D. Fertilization

32. What are the glands of reproduction called?

A. Gametes
B. Zygotes
C. Gonads
D. Morula

33. The nipple of the breast is surrounded by a pigmented area called the areola. The areola changes from pink to brown during:

A. menopause
B. pregnancy
C. menarche
D. menstruation

34. Which one of the following conditions results in infertility?

A. Dilated hymenal ring
B. Congenital absence of an ovary
C. Obstructed Bartholin's gland duct
D. Occluded fallopian tubes

35. What anatomic structure in the breast is responsible for the manufacture of milk?

A. Montogomery's tubercules
B. Lactiferous glands
C. Areolae
D. Bartholin's glands

36. A term used to refer to all of the female external genitalia is:

A. mons veneris
B. labia majora
C. vestibule
D. cervix

37. The large, muscular upper part of the uterus is the:

A. endometrium
B. body
C. fundus
D. cervix

38. The neck of the uterus, which thins out during labor, is the:

A. endometrium
B. fundus
C. cervix
D. body

39. How long is the average menstrual cycle?

A. 26 days
B. 28 days
C. Three weeks
D. One month

40. Ovulation occurs on about what day in the menstrual cycle?

A. On the 10th day
B. On the 12th day
C. On the 14th day
D. On the 16th day

41. The shedding of the functional layer of the endometrium is called:

A. ovulation
B. Graafian follicle
C. climacteric
D. menstruation

42. Which gland controls the secretions of the ovary and testicle?

A. Adrenal gland
B. Thyroid gland
C. Pituitary gland
D. Pineal body

43. Which is lost during a menstrual period?

A. Myometrium
B. Parietal peritoneum
C. Endocardium
D. Endometrium

44. The superior portion of the uterus is called the:

A. cervix
B. fundus
C. utero-sacral ligament
D. ovum

45. Menarche is:

A. a climacteric period
B. menopause
C. the onset of menstruation
D. painful menstruation

46. The folds of mucous membrane in the vagina are referred to as:

A. cervical os
B. labia majora
C. epididymis
D. rugae

47. The oviducts communicate most directly with the:

A. bladder
B. uterus
C. ovary
D. urethra

48. The fertilized ovum normally implants itself in the wall of the:

A. ovary
B. fallopian tube
C. uterus
D. vagina

49. The fold of loose skin at the end of the penis is called the:

A. vas deferens
B. prepuce
C. urethra
D. epididymis

50. The structure in the male that is cut to produce sterility is the:

A. epididymis
B. vas deferens
C. ejaculatory duct
D. prostate

51. The most frequent site for cancer in the male reproductive system is the:

A. seminal vesicles
B. prostate
C. bulbourethral gland
D. testicles

52. Which produces sperm?

A. Testicle
B. Epididymis
C. Vas deferens
D. Seminal vesicle

THE REPRODUCTIVE SYSTEM
ANSWER SHEET

1. B	21. A	41. D
2. C	22. B	42. C
3. B	23. D	43. C
4. B	24. C	44. B
5. C	25. D	45. C
6. B	26. C	46. D
7. D	27. B	47. B
8. A	28. A	48. C
9. A	29. B	49. B
10. C	30. D	50. B
11. C	31. A	51. B
12. D	32. C	52. A
13. C	33. B	
14. C	34. D	
15. B	35. B	
16. C	36. D	
17. B	37. C	
18. D	38. C	
19. B	39. B	
20. B	40. C	

[redacted]

MICROBIOLOGY

MICROBIOLOGY, BACTERIOLOGY, IMMUNOLOGY
UNITS XVII, XVIII, XIX, XX, XXI

1. Vinegar douches are often ordered for the purpose of:

   A. destroying certain bacteria that thrive in an acid environment
   B. inhibiting the growth of organisms that thrive in an alkaline environment
   C. providing a local disinfectant to the vaginal area
   D. eliminating odor produced by certain types of organisms

2. Pathogenic organisms are those that are:

   A. extremely small or invisible to the naked eye
   B. capable of producing disease
   C. harmless to the body tissues
   D. capable of producing an allergic reaction

3. Bacilli are:

   A. spherical
   B. oval
   C. rod-shaped
   D. spiral

4. A person, when being vaccinated, may receive a vaccine which contains:

   A. ready-made antibodies
   B. specially prepared antitoxins
   C. an immune serum containing antibodies and antitoxins
   D. weakened or harmless living organisms

5. When we say that immunity is a specific resistance to disease, we mean that:

   A. immunity to one disease guarantees immunity to all other diseases that are infectious in nature
   B. the formation of antibodies against one disease will not provide immunity to another disease
   C. some antibodies can provide immunity to many different diseases
   D. once the body is stimulated to produce antibodies, it can build an immunity to all kinds of diseases

6. The body increases its number of white cells when an infection occurs because:

   A. white blood cells contain oxygen which the tissues need to destroy bacteria
   B. white blood cells destroy and ingest bacteria
   C. the formation of pus from white cells is necessary for the proper healing of an inflammation
   D. white blood cells aid in the clotting of blood

7. Allergy and immunity are similar in that they both:

A. are the result of an infection
B. are reactions to a foreign protein substance entering the body
C. cause very mild symptoms
D. result from the formation of antibodies

8. The most reliable method used for sterilizing hospital equipment so that it is free of spores and active bacteria is:

A. soaking in a strong chemical
B. washing and drying thoroughly after each use
C. applying steam under pressure in an autoclave
D. boiling the equipment

9. Surgical asepsis is based on the principle of:

A. destroying bacteria as they leave the body
B. destroying organisms before they enter the body
C. isolating all patients who have an infectious disease
D. basic cleanliness and sanitation

10. When an object is being sterilized by chemical means, it is very important to:

A. avoid soaking the object too long
B. wash the article thoroughly to remove any blood, mucus, or other organic material before placing it in the chemical
C. use a solution that will not damage living tissue
D. rinse the article under running water before it is placed in the solution

11. Antiseptic solutions are generally used to:

A. inhibit the growth of bacteria on the skin or mucous membranes
B. destroy bacteria on instruments or hospital equipment
C. disinfect water supplies, sewage, etc.
D. kill all bacteria in open wounds or sores

12. One very important nursing procedure that is considered the most important in preventing the spread of infectious diseases is:

A. isolation of all patients suspected of having an infection
B. wearing rubber gloves when performing nursing procedures for surgical patients
C. washing the hands thoroughly before and after each contact with a patient
D. sterilizing the hands with a strong germicide at least once a day

13. Virus caused diseases include:

A. measles, chicken pox, and mumps
B. influenza, encephalitis, and rheumatic fever
C. shigella, scurvy, and malaria
D. syphilis, malaria, and pneumonia

14. Medical asepsis is carried out by:

A. sterilizing all objects in the patient's environment
B. administering antibodies to the patient in an effort to prevent infection
C. observing strict aseptic techniques when giving any kind of nursing care
D. observing the basic principles of cleanliness and sanitation

15. Spore-forming bacteria are:

A. easily destroyed
B. destroyed only by boiling
C. resistant to many methods of sterilization
D. much less dangerous than other types of bacteria

16. A microorganism is best defined as:

A. any living organism
B. living organisms that cause disease in the body
C. any living plant or animal that is so small it can be seen only with the aid of a microscope
D. a tiny, single-celled animal that can be seen only through a magnifying lens

17. Microorganisms grow best in areas that are:

A. sunny, dry, and cold
B. dark, dry, and cold
C. dark, warm, and moist
D. sunny, moist, and warm

18. Active immunity has been produced:

A. by some laboratory animal
B. by some other human
C. by the body manufacturing antibodies
D. only by having the disease

19. Antibody refers to:

A. a protein substance developed by the body
B. a substance given to start the process of immunity
C. a weakened toxin
D. the presence of bacteria in the blood

20. Attenuate is a verb that means to:

A. destroy bacteria
B. carry disease germs
C. touch a person or object with contaminated material
D. weaken the strength of a germ or a virus

21. A carrier is:

A. one who passes on disease germs but does not have the disease himself/herself
B. an infected animal
C. a fomite
D. an animal that acts as a host to a parasite

22. An antigen refers to:

A. a substance that produces a high temperature
B. freedom from bacteria
C. a substance that can cause production of antibodies
D. loss of appetite

23. Fomites can be defined as:

A. all nonliving objects
B. anything other than a sick person who can spread disease
C. nonliving articles that contain disease germs
D. any body secretion that carries disease-producing organisms

24. Pathogenic means:

A. preventive
B. against fever
C. disease producing
D. freedom from germs

25. Pandemic is a term used to indicate:

A. a widespread disease in a community
B. the occasional incidence of disease
C. a disease is always present in the community
D. widespread epidemic of a disease

26. The incubation period describes the:

A. length of the period of communicability
B. onset of fever
C. time between exposure and development of characteristic symptoms
D. time between the onset of characteristic symptoms and the crisis

27. The term immunity means:

A. the inability to get a disease
B. the ability of the body to resist and overcome a specific disease
C. the inability to spread a disease
D. those substances that protect from disease

28. The portal of entry describes the:

A. site of the infection
B. path by which disease germs leave the body
C. prognosis of a disease
D. body area where disease germs first enter

29. Prodromal refers to:

A. a characteristic set of symptoms
B. a warning of a disease to follow
C. the outcome of the illness
D. the change in symptoms for better or for worse

30. Passive immunity is:

A. developed in response to the disease invasion
B. immunity first built up by some other person or animal
C. present at birth
D. present only in some races

31. Virulent means:

A. widespread
B. large numbers of
C. potent
D. diluted

32. Endemic disease is:

A. one in which there are many deaths
B. one that is always present in a community
C. a disease present only in certain seasons
D. not reported

33. The substance in the blood stream that protects the body from disease invaders is called:

A. immunity
B. antibodies
C. antitoxins
D. vaccines

34. The process by which the white blood cells surround and destroy bacteria is known as:

A. metabolism
B. phagocytosis
C. leukocytes
D. monocytosis

35. The poisonous substances produced by bacteria are known as:

A. exogenous substances
B. toxins
C. endogenous substances
D. lethal

36. The baby has a positive "take" following a smallpox vaccination. The presence of the scab is evidence of:

A. a natural immunity
B. passive-acquired immunity
C. active-acquired immunity
D. prophylaxis

37. The type of immunity the child will have if he/she is given immune substances after he/she has been exposed to the communicable disease will be:

A. short-lasting passive immunity
B. permanent active immunity
C. long-lasting passive immunity
D. autogenous racial immunity

38. To simulate the body's production of antibodies, it is necessary to introduce:

A. antigens
B. gamma globulin
C. plasma proteins
D. the disease-producing organism in some form

39. The child has already had immunizing shots to develop active immunity against tetanus. Six months later, if the child steps on a sharp, rusty nail, the doctor will restimulate the antibodies by giving:

A. horse serum
B. the dead virus
C. a booster shot
D. an immune serum

40. A puncture wound is dangerous if the object that penetrates the tissue carries:

A. dirt
B. anaerobic germs
C. rust
D. infected materials

41. Microbiology is an important part of medical science because:

A. all diseases are caused by microorganisms
B. the study of microorganisms has led to the discovery of the cause and cure of many diseases
C. it is a study of the ways in which disease affects the tissue of the body
D. infectious diseases are still the major cause of death in the United States

42. Bacteria are classified as:

A. plants
B. animals
C. yeasts
D. molds

43. The shape of the streptococcus is be described as:

A. spiral
B. rod-shaped
C. oval
D. spherical

44. The staphylococcus is a type of bacteria that is:

A. rod-shaped
B. round and grows in clu rs
C. oval and grows in pairs
D. round and grows in pairs

45. Staphylococcus aureus is the type of bacteria which causes boils and abscesses. It is called a pyogenic bacterium because it:

A. is capable of rapid multiplication
B. produces spores
C. does not usually produce a fever in the patient
D. is accompanied by the formation of pus

46. In recent years, staphylococcal infections have been considered especially dangerous because:

A. there is no cure for a "staph" infection
B. the organism causing the infection is capable of resisting many antibodies and disinfectants
C. penicillin is the only drug capable of overcoming the infection, and many persons are allergic to this drug
D. there is no way to kill or destroy the organisms causing a staphylococcal infection

47. The word <u>trauma</u> refers to:

A. bleeding
B. infection
C. injury
D. new growth

48. Viruses are sometimes classified according to:

A. their ability to cause disease
B. their alphabetical order
C. the type of microorganism used to identify the virus
D. the tissues of the body which they affect

49. After the hands are washed with an agent such as PhisoHex, it would be most accurate to say that the hands have been:

A. rendered free of all organisms
B. sterilized
C. rendered free of all bacteria
D. cleansed of most bacteria on the surface of the skin

50. If an object has been rendered absolutely sterile, this means that:

A. it is free from most pathogenic organisms
B. it has been thoroughly washed
C. there are no living organisms in or on the object
D. a disinfectant has been applied to the object

51. The bones of an elderly person are more brittle than those of a younger person. If an elderly person falls and sustains a fracture, we would say that his/her age is:

A. a predisposing cause of the fracture
B. an immediate cause of the fracture
C. not relevant to the fracture
D. a specific cause of the fracture

52. Serum hepatitis is caused by a particular type of virus. The virus is considered to be the:

A. complicating factor in the disease
B. predisposing cause of the disease
C. specific cause of the disease
D. result of the disease

53. When an individual develops an illness because of the entrance of microorganisms into the body, it would be most accurate to say she/he has:

A. an inflammation
B. a neoplastic disease
C. an allergy
D. an infection

54. A defect which is present at birth is called:

A. acquired
B. an allergic reaction
C. an inflammatory disease
D. congenital

55. If the tissues of the body have been irritated or injured, the body reacts by releasing additional fluid and blood elements into the affected area. When this reaction takes place, we would say that the area is:

A. inflammed
B. infected
C. necrotic
D. cancerous

56. Arteriosclerosis is classified as:

A. a traumatic disease
B. an inflammatory disease
C. a degenerative disease
D. a neoplasm

57. An abscess results from the body's attempt to:

A. localize an infection
B. increase the blood supply to the affected area
C. decrease the blood supply to the infected area
D. provide drainage for bacteria

58. Allergens are substances which:

A. provide the body with antibodies
B. help the body destroy bacteria
C. are capable of producing an allergic reaction in some sensitive individuals
D. prevent an allergic reaction to some substances in our environment

59. Which of the following is <u>not</u> a normal cell function?

A. Respiration
B. Reproduction
C. Excretion
D. Degeneration

60. The microorganism that causes malaria is a:

A. microbe
B. fungus
C. protozoan
D. virus

61. The smallest of all microorganisms are:

A. viruses
B. protozoa
C. bacteria
D. fungi

62. Interferon is produced by a cell when that cell:

A. reproduces
B. is invaded
C. is invaded by a virus
D. divides

63. As many viruses have move than one strain, an effective vaccine would:

A. include all strains of that disease
B. be cultured from human tissue
C. be cultured from chicken embryo
D. be cultured from monkey tissue

64. A pathogen is:

A. a microorganism
B. a microorganism capable of causing a disease
C. a fungus
D. a bacterium

65. Viruses have to be magnified:

A. over 3,000 times
B. over 300,000 times
C. over 30,000 times
D. over 300 times

66. Histoplasmosis is:

A. a true yeast
B. a fermentative yeast
C. a superficial hycoses (fungus)
D. a systemic mycoses (fungus)

67. When an organism is not affected by the defense mechanisms of the body and therefore can enter the blood or tissue, it is said to possess:

A. virulence
B. a capsule
C. invasiveness
D. mitosis

68. Organisms that enter through broken skin are called:

A. opportunist type organisms
B. skin flukes
C. aerobic organisms
D. anaerobic organisms

69. If a disease is transmitted directly from one person to another, it is said to be:

A. infectious
B. contagious
C. harmful
D. uncontrollable

70. A disease spreading from one person to another is said to be:

A. communicable
B. virulent
C. nonvirulent
D. noncommunicable

71. Blood poisoning is another name for:

A. uremia
B. septicemia
C. toxemia
D. hypromenia

72. Which of the following is not an euteric pathogen?

A. Salmonella
B. E-coli
C. Shigella
D. Gangrene

73. When we speak of symbiotic relationships, we are referring to:

A. independence
B. interdependency
C. dependency
D. intradependency

74. Most pathogens grow best at pH of:

A. 4.3
B. 7.35-7.45
C. 8.0
D. 7.0

75. Spores are destroyed at:

A. 121°F. for 20 minutes
B. 121°C for 20 minutes
C. 63°C for 20 minutes
D. 37°C for 20 minutes

76. Pasteurization is a process that destroys bacteria at:

A. 37°C for 10 minutes
B. 63°C for 30 minutes
C. 63°F for 30 minutes
D. 63°F for 5 minutes

77. Which of the following is not a basic type of bacteria?

A. Cocci
B. Bacilli
C. Spiral forms
D. Amebic forms

78. Which of the basic types of bacteria are rod-shaped?

A. Cocci
B. Bacilli
C. Spiral forms
D. Spirochetes

79. Round bacteria that grow in chains are:

A. bacilli
B. streptococci
C. staphylococci
D. pneumococci

80. Individual resistance is sometimes referred to as:

A. genetic resistance
B. race resistance
C. species resistance
D. sex resistance

81. The study of factors which affect frequency and distribution of diseases is known as:

A. histology
B. virology
C. epidemiology
D. bacteriology

82. A pathogen:

A. is capable of causing disease
B. is not capable of causing disease
C. can ordinarily be seen with the naked eye
D. must have oxygen to live and grow

83. The following functions are characteristic of living organisms:

A. metabolism, growth, reproduction
B. metabolism, growth, repair
C. metabolism, growth, immobility
D. growth, repair, immobility

84. Factors influencing growth of microorganisms are:

A. darkness, temperature, moisture, food, oxygen
B. light, warm temperature, moisture, food, oxygen
C. light, warm temperature, food, oxygen
D. darkness, temperature, moisture, food

85. Microorganisms classified as protozoa cause:

A. amebic dysentery and ringworm
B. malaria and athlete's foot
C. amebic dysentery and malaria
D. Rocky Mountain spotted fever and malaria

86. The microorganisms classified as fungi are:

A. protozoa and viruses
B. bacteria and viruses
C. molds and yeasts
D. molds and bacteria

87. Molds cause:

A. Rocky Mountain spotted fever and vaginitis
B. typhus and thrush
C. ringworm and athlete's foot
D. athlete's foot and thrush

88. The fungus yeast is responsible for the disease:

A. ringworm
B. thrush
C. athlete's foot
D. Rocky Mountain spotted fever

89. Rickettsiae cause:

A. amebic dysentery and malaria
B. Rocky Mountain spotted fever and typhus
C. ringworm and athlete's foot
D. typhus and malaria

90. The diseases smallpox and measles are caused by:

A. bacteria
B. viruses
C. protozoa
D. rickettsiae

91. Viruses cause such diseases as:

A. fever blisters, mumps, common cold
B. Rocky Mountain spotted fever, mumps, malaria
C. fever blisters, amebic dysentry, shingles
D. amebic dysentry, malaria, Rocky Mountain spotted fever

92. A spore is the:

A. engulfment of bacteria
B. hairlike projection on a bacterium
C. ability of microbes to live together
D. coating developed by a few bacteria for protection

93. Phagocytosis refers to:

A. growth of bacteria
B. destroying bacteria by white blood cells
C. mobility of bacteria
D. destroying bacteria by red blood cells

94. A toxin is a/an:

A. coating developed by some bacteria
B. poisonous substance produced by some bacteria
C. ability of microbes to live together
D. poisonous substance within the bacterium

95. A spore has all of the following characteristics except it:

A. resists drying and boiling
B. is produced by only a few forms of bacilli
C. is inactive
D. has hairlike projections for the purpose of mobility

96. The flagellum is a structure preser in some bacteria. The function of this structure is to:

A. allow the bacteria to move
B. increase the virulence of bacteria
C. interfere with phagocytosis
D. allow bacteria to rotate

97. Spore formation is:

A. stimulated by sunlight
B. unaffected by sunlight
C. destroyed by sunlight
D. reduced by sunlight

98. Growth of pathogens depends on a pH. The ideal pH is:

A. acid
B. alkaline
C. neutral
D. neutral or slightly alkaline

99. Symbiosis is:

A. the ability of microbes to live independently
B. the ability of microbes to live together
C. the ability of microbes to destroy other species
D. the ability of microbes to differentiate between species

100. Invasion of the body by pathogenic organisms and the reaction of the tissues to them is a/an:

A. infection
B. inflammation
C. bacteremia
D. septicemia

101. Another name for blood poisoning is:

A. bacteremia
B. toxemia
C. septicemia
D. pyemia

102. Toxemia is a condition characterized by the:

A. presence of toxins in the blood
B. presence of toxins in the lymph
C. presence of bacteria in the urine
D. presence of bacteria in the glands

103. Tertiary syphilis is:

A. the first stage of syphilis
B. the second stage of syphilis
C. the third stage of syphilis
D. the fourth stge of syphilis

104. An abscess is an infection that is referred to as a:

A. localized infection
B. focal infection
C. generalized infection
D. specialized infection

105. The duration of infections vary; lobar pneumonia is described as a/an:

A. acute infection
B. chronic infection
C. long-term infection
D. sub-acute infection

106. An infection which follows or complicates the original disease is described as:

A. primary
B. secondary
C. mixed
D. latent

107. The type of infection which is inactive is:

A. primary
B. secondary
C. latent
D. mixed

108. All of the following are mixed infections <u>except</u>:

A. appendicitis
B. wound infection
C. tooth abscess
D. malaria

109. Pathogens damage tissue by blocking blood or lymph tissues; this process is called:

A. destruction of body cells
B. mechanical injury
C. injury by toxins
D. destruction by antitoxins

110. Polio and syphilis are diseases that damage tissue by:

A. mechanical injury
B. destroying body cells
C. producing toxins
D. producing endotoxins

111. The period between entrance of organisms to the body and onset of symptoms is:

A. incubation
B. prodromal
C. acute
D. convalescent

112. Acute infections are described in stages. The period of actual illness is termed the:

A. incubation stage
B. prodromal stage
C. acute stage
D. convalescent stage

113. The stage of an acute infection characterized by vague symptoms producing mild discomfort is described as:

A. incubation
B. prodromal
C. acute
D. convalescent

114. Several factors determine whether an infection will occur. These include all of the following except:

A. portal of entry
B. number of organisms
C. virulence
D. age of the host

MICROBIOLOGY, BACTERIOLOGY, AND IMMUNOLOGY
ANSWER SHEET

1. B	21. A	41. B	61. A	81. C	101. C
2. B	22. C	42. A	62. C	82. A	102. A
3. C	23. A	43. C	63. A	83. A	103. C
4. D	24. C	44. B	64. B	84. A	104. A
5. B	25. D	45. D	65. B	85. C	105. A
6. B	26. C	46. B	66. D	86. C	106. B
7. B	27. B	47. C	67. C	87. C	107. C
8. C	28. D	48. D	68. A	88. B	108. D
9. B	29. B	49. D	69. B	89. B	109. B
10. B	30. B	50. C	70. A	90. B	110. B
11. A	31. C	51. A	71. B	91. A	111. A
12. C	32. B	52. C	72. D	92. D	112. C
13. A	33. B	53. D	73. B	93. B	113. B
14. D	34. B	54. D	74. B	94. B	114. D
15. C	35. B	55. A	75. B	95. D	
16. C	36. C	56. C	76. B	96. A	
17. C	37. A	57. A	77. D	97. A	
18. C	38. A	58. C	78. B	98. D	
19. A	39. C	59. D	79. B	99. A	
20. D	40. B	60. C	80. A	100. A	

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NUTRITION

NUTRITION
UNITS XXII, XXIII, XXIV, XXV, XXVI, XXVII, AND XXVIII

1. Mechanical digestion of food requires tongue action because the tongue:

   A. supplies a lubricating secretion
   B. provides taste stimulations
   C. moves food around to the various grinding surfaces and mixes food with saliva
   D. breaks food into small pieces against the hard palate so that saliva can cover each particle

2. When children have inadequate protein in their diets, the result is:

   A. underdevelopment of muscle tissues
   B. too few calories for their energy needs
   C. poorly developed bones
   D. gums that bleed easily

3. The end products of carbohydrate and protein digestion are absorbed by the:

   A. blood stream
   B. blood vessels in the villi
   C. lymphatic system
   D. lymph vessels in the villi

4. Food that has been chewed, mixed with saliva, and is ready for swallowing is called:

   A. segmentation
   B. mastication
   C. a bolus
   D. peristalsis

5. Spongy, bleeding gums may occur when the diet supplies an inadequate amount of:

   A. ascorbic acid
   B. calcium
   C. vitamin A
   D. riboflavin

6. The enzyme, ptyalin, which is contained in the saliva, begins the digestion of:

   A. carbohydrates
   B. proteins
   C. fatty acids
   D. cooked starch

7. Enzymes from the pancreatic and intestinal juices complete protein digestion in the small intestine and change the protein into:

A. glycogen
B. incomplete proteins
C. amplopsin
D. amino acids

8. Food is normally kept out of the respiratory tract during the process of swallowing because of the shuttlelike action of the:

A. oropharynx
B. larynx
C. pharynx
D. epiglottis

9. One of the best sources of ascorbic acid is:

A. pineapples
B. spinach
C. carrots
D. oranges

10. An excellent source of vitamin A is:

A. oranges
B. carrots
C. cabbages
D. beets

11. When fat digestion has been completed in the small intestine, the fat has been changed to:

A. lipase
B. maltose
C. fatty acids and glycerol
D. steapsin

12. Carbohydrates are needed in the diet primarily to:

A. rebuild worn out tissues in the body
B. supply material for building bones
C. help regulate body processes
D. supply heat and energy

13. The daily diet will be balanced if:

A. the basic four food plan is followed
B. the allowance of protein exceeds 1 gram per person
C. the foods chosen are fresh
D. it consists of 35% fats

14. The major sources of food for all the people in the world are those which are predominately:

A. fats
B. proteins
C. carbohydrates
D. amino acids

15. Carbohydrates are stored in the muscles and liver as:

A. glycogen
B. glucose
C. galactose
D. fructose

16. Butter, lard, and hydrogenated shortenings are classified as:

A. vegetable fats
B. saturated fats
C. false fats
D. unsaturated fats

17. Which of the following is a primary source of carbohydrates?

A. Cereals, sugar, and syrup
B. Butter, cream, and olive oil
C. Meat and poultry
D. Vegetables

18. Food sources high in cholesterol would be:

A. egg yolk and whole milk
B. cereals
C. fruits
D. syrups

19. The only nutrient that builds and repairs tissues is:

A. protein
B. cereal
C. iodine
D. vitamin E

20. Proteins are classified primarily as:

A. complete and incomplete
B. monosaccharides and polysaccharides
C. lipids
D. fatty acids

21. A general function of minerals is to:

A. aid clot formation
B. prevent rickets
C. assist in regulating life processes
D. help form hemoglobin

22. Of the following, the best source of calcium is:

A. green, leafy vegetables
B. milk
C. eggs
D. clams

23. Of the following, the best source of iodine is:

A. seafood
B. meat
C. citrus fruit
D. cereals

24. Deficiency of calcium results in:

A. poor tooth formation
B. scurvy
C. goiter
D. anemia

25. Deficiencies of sodium, potassium, and chlorides, the salts in the diet, may cause:

A. dehydration
B. obesity
C. rickets
D. osteomalacia

26. Of the following, the best source of iron is:

A. whole grain cereal
B. raisins
C. egg yolk
D. liver

27. A deficiency of iron in the body results in:

A. anemia
B. endocrine imbalance
C. rickets
D. poor teeth

28. Sunshine is a form of vitamin:

A. A
B. C
C. B complex
D. D

29. Cod-liver oil is a form of vitamin:

A. A
B. B complex
C. C
D. K

30. Dried yeast is a form of vitamin:

A. A
B. B complex
C. C
D. D

31. Vitamin C is essential in the prevention of:

A. pellegra
B. rickets
C. sterility
D. scurvy

32. Vitamin B_{12} is used as an:

A. antianemic factor
B. antiseptic
C. anesthetic
D. anticoagulant

33. The substance necessary for the formation of thyroxin is:

A. calcium
B. iodine
C. potassium
D. sodium chloride

34. Cellulose is an important form of carbohydrate because it:

A. has little or no food value in the body
B. is used in making commercial ice cream to give it a smooth texture
C. furnishes the bulk essential for normal peristaltic action
D. is useful for its jelling properties

35. A person may be assured of enough cellulose in a diet by eating:

A. beef, veal, and lamb - 2 or more servings
B. milk, cheese, or ice cream - 4 or more cups
C. dry beans, dry peas, and nuts - 1 cup
D. two vegetables, two fruits, and four servings of whole-grain bread or cereal

36. Excess water-soluble vitamins are excreted through the:

A. kidneys
B. skin
C. bowel
D. bile

37. Foods high in ascorbic acid include:

A. creamed cottage cheese
B. white of egg
C. peanut butter
D. broccoli spears

38. A substance desirable for normal elimination from the bowels is:

A. fat
B. cellulose
C. pepsin
D. rennin

39. Vitamins which may be toxic include:

A. B_{12}
B. A
C. C
D. B_6

40. In order to meet the daily adult requirement for calcium, the diet should include:

A. at least 2 servings of some citrus fruit
B. at least 1 egg
C. at least 2 cups of milk or milk products
D. 1 serving of whole-grain cereal

41. The two minerals most important in the formation of sound bones and teeth in the growing child are:

A. iron and potassium
B. iron and calcium
C. phosphorus and calcium
D. sodium and potassium

42. Babies who are fed nothing but milk the first few months of their lives will develop anemia because:

A. milk contains all the essential nutrients except vitamin C
B. milk does not contain calcium
C. there is little or no iron in milk
D. evaporated milk is usually not fortified with vitamin D

43. The mineral that may be lost through excessive perspiration is:

A. sodium
B. calcium
C. iron
D. iodine

44. The mineral that is restricted from the diet when severe edema is present is:

A. calcium
B. potassium
C. sodium
D. iron

45. Fat-soluble vitamins are:

A. stored in the body
B. destroyed by ordinary cooking methods
C. found in animal fats
D. not destroyed when the fat becomes rancid

46. A deficiency of vitamin K results in:

A. a delay in the blood clotting
B. muscle spasms
C. poor bone formation
D. extreme nerve irritability

47. Which of the following foods can be considered most valuable as sources of thiamine, riboflavin, and niacin?

A. Whole-grain cereals
B. Green leafy vegetables
C. Fortified milk
D. Potatoes and tomatoes

48. Rickets is a disease affecting children who have a deficiency of:

A. vitamin C, calcium, and sodium
B. vitamin D and sodium
C. vitamin D, calcium, and phosphorus
D. vitamin A, vitamin D, and sodium

49. The one single item of greatest importance in the diet is:

A. sugar
B. sodium
C. calcium
D. water

50. Which of the following statements is true regarding the intake of vitamin preparations?

A. Only those who are ill need to take vitamin preparations
B. Taking an excessive amount of the fat-soluble vitamin is not harmful and will increase one's resistance to disease
C. Adults who do not drink milk should take extra vitamins to supplement their diet
D. Vitamin preparations do not take the place of well-balanced meals

51. Which type of food yields the most energy per gram?

A. Starch
B. Sugar
C. Protein
D. Fat

52. If a food is high in energy value, it is necessarily high in:

A. minerals
B. fat
C. protein
D. vitamins

53. When the body uses protein foods to produce energy, which one of these outcomes is certain?

A. The person will gain weight
B. There will be extra nitrogenous wastes to eliminate
B. Other nutrients will be used to build tissues
D. The body temperature will become lower

54. In the stomach, fat acts to:

A. delay the emptying time
B. promote digestion of other nutrients
C. stimulate the secretion of gastric juice
D. neutralize the gastric juice

55. Which of these protein foods contains no fat?

A. Egg white
B. Soy beans
C. Beef liver
D. Young chicken

56. Which of these ideas about nutrition has a scientific basis?

A. Eating fish and ice cream at the same meal is likely to cause illness
B. Mineral oil is a satisfactory substitute for salad oils in dressings
C. Rice will cure high blood pressure
D. Using enriched cereals reduces the danger of deficiency diseases

57. Eggs should be cooked at a low temperature because a high temperature:

A. destroys the vitamin C content
B. toughens the albumin
C. decreases the food value
D. makes the fat content indigestible

58. Homogenized milk differs from regular milk in that its:

A. sugar content is increased
B. fat particles are reduced in size
C. fat content is reduced
D. proteins are partially digested

59. Which of these foods will best help to meet the daily calcium requirement?

A. Whipped cream topping on desserts
B. Butter
C. Custards
D. Boiled or poached eggs

60. Margarine labeled as fortified has had which vitamin added?

A. Vitamin A
B. Thiamin
C. Ascorbic acid
D. Vitamin B_{12}

61. Which of these foods is the best source of vitamin A?

A. Yeast
B. Egg yolks
C. Lamb chops
D. Beets

62. Of these foods, which one is the richest source of thiamin per gram?

A. Fresh fruits and berries
B. Green, leafy vegetables
C. Milk
D. Whole-wheat cereal

63. A tomato will contribute best to meeting the need for which of these substances?

A. Vitamin C
B. Vitamin A
C. Iron
D. Vitamin D

64. A patient refuses grapefruit saying, "The acid isn't good for my kidney." Which understanding would be basic to an appropriate reply?

A. The diet has no effect on the urine
B. There is very little acid in grapefruit
C. This fruit has an alkaline effect after absorption
D. Urine is acid anyway

65. All of these foods are suitable for an elderly person who has no teeth. Which one is most nutritious?

A. Mashed potatoes
B. Cheese souffle
C. Buttered rice
D. Baked noodles

66. How much milk in some form should generally be included in the daily diet of the pregnant woman?

A. One pint
B. One and one-half pints
C. One quart
D. Two quarts

67. In hospitals, convalescent children are frequently allowed to eat their meals in a dining room on the unit. A main purpose of this practice is to:

A. improve table manners
B. reduce the amount of disorder in patient units
C. allow for the observation of the amount of food eaten
D. encourage socialization at meal times

68. Which one of these practices is likely to contribute most to a young child's acceptance of new foods?

A. Using simple terms to explain the value of the foods
B. Promising a reward if the food is eaten
C. Distracting the child's attention when the foods are introduced
D. Introducing the foods without comment

69. Which of these practices is likely to be most helpful in feeding a person's family?

A. Planning the meals a week in advance and using market reports as one basis for decisions
B. Visiting the supermarket and buying those items which are marked as "special" for the day
C. Asking the family members at the breakfast table what they would like for their other meals for the day
D. Discussing bargains and menus with neighbors and exchanging ideas with them

70. Foods which are relatively high in sodium even when no salt is added are:

A. white and sweet potatoes
B. lard and salad oil
C. milk and meat
D. peas and beans

71. Which one of these foods contains the highest quality protein?

A. Lima beans
B. Fish
C. Peas
D. Wheat

72. In buying beef for a family, one needs to know that:

A. beef graded as "choice" provides higher nutritive values than other grades
B. beef which is well marbled with fat is likely to be tough
C. ground beef is as high in nutritive value as expensive cuts
D. a bright red color indicates that the meat will be tender

73. On a 1200 calorie diet which of the following foods usually is omitted?

A. Milk
B. Peanut butter
C. Potato
D. Butter

74. A person who has hyperthyroidism has an increased need for:

A. iron
B. calories
C. cellulose
D. vitamin K

75. A fluid rich in carbohydrates is:

A. broth
B. milk
C. albumin water
D. grape juice

76. The fluid highest in calories is:

A. broth
B. milk
C. orange juice
D. egg nog

77. The best food to add to a liquid diet to increase its calories is:

A. junket
B. cream
C. gelatin
D. beef broth

78. Wound healing may be hastened by the inclusion in the diet of extra:

A. protein and vitamin C
B. iron and vitamin D
C. protein and vitamin K
D. iron and vitamin C

79. A multiple deficiency recognized usually as causing the pellegra syndrome is due to poor intake of:

A. ascorbic acid, vitamin A, and niacin
B. thiamine, riboflavin, and niacin
C. vitamin D, riboflavin, and vitamin K
D. vitamin E, ascorbic acid, and thiamine

80. Which of the following foods contains approximately the same amount of protein as one egg?

A. ½ glass milk
B. 1 oz. lean meat
C. 1 eggnog
D. 1 slice bread

81. A substitute for sugar on a diabetic diet is:

A. honey
B. saccharin
C. molasses
D. lactose

82. The incomplete metabolism of fat causes:

A. ketosis
B. uremia
C. glycosuria
D. alkalosis

83. The food used most commonly in the early treatment of gastric ulcer is:

A. rolled oats
B. applesauce
C. scraped beef
D. milk

84. Sippy diet consists of:

A. eggnog and crackers
B. milk and cream
C. protein milk and gruel
D. scraped apple and gruel

85. A low fat diet excludes the use of:

A. olives
B. bananas
C. chicken
D. mineral oil

86. The most suitable menu for a patient on a low fat diet is:

A. cream soup, steak, mashed potatoes, spinach, toast, and custard
B. chicken broth, boiled chicken, baked potatoes, string beans, toast, and fruit jello
C. vegetable soup, roast beef, creamed potatoes, peas, lettuce salad, and toast
D. macaroni and cheese, tomato and lettuce salad, fruit cup, and skim milk

87. Which of the following foods is often gas-forming?

A. Spinach
B. Cucumbers
C. Prunes
D. Applesauce

88. On a low sodium diet, which of the following foods should be omitted?

A. Sweet potato
B. Baked potato
C. Cheddar cheese
D. Sliced tomato

89. On a sodium restricted diet, which of these foods should be eliminated?

A. Whole-wheat bread
B. Spinach
C. Bacon
D. Apples

90. Which of the following flavorings may not be used on a salt restricted diet?

A. Green pepper
B. Parsley flakes
C. Lemon juice
D. Butter

91. A dessert used on a low protein diet is:

A. fruit cup
B. prune souffle
C. fruit gelatin
D. apple dumpling

92. Common food allergens are:

A. lamb, potatoes, and spinach
B. tapioca, milk, and apples
C. bacon, lettuce, and Rye Krisp
D. wheat, milk, and eggs

93. A patient who is allergic to milk and milk products in all forms may have which of the following foods freely?

A. Butter, honey, and coffee
B. Rye Krisp, Jello, and soft cooked eggs
C. Macaroni and cheese, corn bread, and peanut butter
D. Scalloped potatoes, whole-wheat bread, and prune whip

94. A suitable dessert for a low calorie diet is:

A. apple pie
B. banana pie
C. fresh fruit cup
D. dried stewed fruit

95. Sucaryl is the best sweetening for low caloric cooking because:

A. it has the fewest calories
B. it does not leave a bitter taste
C. it does not discolor food
D. it aids in conserving vitamins

96. The dessert lowest in protein is:

A. cherry pie
B. fruit cup
C. bananas and cream
D. applesauce cake

97. What is the optimum milk intake during pregnancy?

A. One pint
B. One quart
C. One and one-half quarts
D. Two quarts

98. If the mother gains weight too rapidly during pregnancy because of overeating, which of the following foods should be reduced in her diet?

A. Milk
B. Bread
C. Vegetables
D. Meat

99. In organisms, the chemical process which turns food substances into heat and energy for body use is called:

A. ketogenesis
B. catabolism
C. metabolism
D. anabolism

100. The building, maintaining, and repairing of tissue is known as:

A. anabolism
B. nitrogen balance
C. catabolism
D. metabolism

101. The break down of complex substances into simple substances for energy production and excretion is known as:

A. metabolism
B. anabolism
C. glycogenolysis
D. catabolism

102. The measurement of oxygen needed when the body is at rest and performing only necessary functions is called the:

A. smoke point
B. basal metabolism rate
C. specific fuel factor
D. thyroxine ratio

103. A unit used to measure fuel value of food is the:

A. nitrogen conversion factor
B. milliequivalent
C. pH
D. calorie

104. The amount of energy needed to sustain life is known as the:

A. Krebs cycle
B. basal metabolism
C. Millard reaction
D. basal metabolism rate

105. A component of foods which contributes little or nothing except calories is:

A. bran
B. fiber
C. cellulose
D. empty calories

106. Internal organs, especially the abdominal organs, are called:

A. ventral
B. viscera
C. dorsal
D. the prosthetic group

107. The presence of an abnormally large amount of fluid in the intercellular tissues is known as:

A. hydrolysis
B. low sodium syndrome
C. edema
D. plasma

108. A general term for indigestible material such as seeds, fibers, and cellulose is:

A. roughage
B. bran
C. wheat germ
D. hydrolase

109. The undigestible, fibrous material found in plants is known as:

A. food analog
B. hexose
C. cellulose
D. bran

110. A chemical compound needed in very small amounts for various body processes is a/an:

A. element
B. enzyme
C. vitamin
D. trace element

111. A disease due to lack of vitamins in the diet is called:

A. avitaminosis
B. hypervitaminosis
C. riboflavinosis
D. cheilosis

112. Toxicity caused by an excessive amount of one or more vitamins is called:

A. kernicterus
B. hypertoxicity
C. hypervitaminosis
D. avitaminosis

113. Essential elements which comprise four percent of the total weight of the body are:

A. vitamins
B. minerals
C. enzymes
D. chelates

114. A mucoprotein found in gastric juice and necessary for the assimilation of Vitamin B_{12} is:

A. intrinsic factor
B. vitamin B_6
C. folic acid
D. extrinsic factor

115. A softened bone condition in children resulting from deficient deposits of calcium in bone-forming cartilages is:

A. osteoporosis
B. rickets
C. osteomalacia
D. scurvy

116. A deficiency disease due to insufficient niacin and protein with symptoms including dermatitis, diarrhea, anemia, and mental symptoms is:

A. xeropthalmia
B. scurvy
C. pellegra
D. muscular dystrophy

117. A disease characterized by sore gums, aching joints, and a tendency to bruise is:

A. pellegra
B. rickets
C. keratomalacia
D. scurvy

118. Fat-soluble vitamins include:

A. thiamine and protein
B. niacin and folic acid
C. vitamin B_{12} and ascorbic acid
D. vitamins A, D, E and K

119. Water-soluble vitamins include:

A. vitamins A and D
B. vitamins C and B complex
C. vitamins E and K
D. vitamins A, D, E, and K

120. Vitamin A is essential for:

A. health of skin and mucous membranes
B. metabolism of polyunsaturated fats
C. normal clotting of blood
D. protecting muscle tissue

121. A symptom of vitamin A deficiency is:

A. slow clotting of blood
B. poor teeth
C. soft bones
D. night blindness

122. A food source of vitamin A is:

A. green and yellow vegetables
B. wheat germ
C. nuts
D. vegetable oils

123. Vitamin D is essential for:

A. carbohydrate metabolism
B. health of the eyes
C. regulating calcium and phosphorus metabolism
D. prevention of pellegra

124. A symptom of vitamin D deficiency is:

A. sore mouth and tongue
B. soft bones
C. slow clotting of blood
D. dermatitis

125. A source of vitamin D is:

A. pork liver
B. yellow fruits
C. dark green, leafy vegetables
D. sunshine

126. Vitamin E may:

A. help metabolism of polyunsaturated fats
B. be necessary for a normal sex life
C. be essential for wound healing
D. help in the prevention of scurvy

127. A symptom of vitamin E deficiency is:

A. night blindness
B. hemorrhagic disease
C. kidney stones
D. increased rate of hemolysis of red blood cells

128. A food source of vitamin E is:

A. whole milk
B. cabbage
C. wheat germ
D. citrus fruits

129. Vitamin K is essential for:

A. health of the eyes
B. normal clotting of blood
C. metabolism of protein
D. healthy teeth and gums

130. A symptom of vitamin K deficiency is:

A. changes in skin and mucous membrane
B. soft bones
C. lower levels of calcium and phosphorus in the blood
D. hemorrhagic disease in newborn

131. Vitamin K is found in:

A. cauliflower and cabbage
B. wheat germ
C. fish liver oils
D. whole milk, cream, and cheese

132. Thiamine, vitamin B_1, is essential for:

A. prevention of pellegra
B. healing of wounds
C. nerve functioning
D. healthy red cells

133. A symptom of thiamine deficiency is:

A. nervous disorders
B. growth retardation
C. sore gums
D. poor posture

134. A food source of thiamine is:

A. green, leafy vegetables
B. meat, especially pork
C. citrus fruits
D. brewer's yeast

135. Riboflavin, vitamin B_2, is essential for:

A. treatment of pernicious anemia
B. health of skin and mouth
C. normal clotting of blood
D. prevention of pellegra

136. A symptom of riboflavin deficiency is:

A. inflammation of lips and tongue
B. signs of spinal cord degeneration
C. stiff, aching joints
D. nervous disorders

137. Food sources of riboflavin are:

A. carrots
B. citrus fruits
C. peanuts
D. milk and dairy foods

138. Niacin, nicotinic acid, is essential for:

A. healthy red blood cells
B. normal bone growth
C. prevention of scurvy
D. health of skin and mucous membranes

139. A symptom of niacin deficiency is:

A. anorexia
B. stiff, aching joints
C. scurvy
D. anemia

140. A food source of niacin is:

A. soybeans
B. raw vegetables
C. poultry and fish
D. egg yolk

141. Pyridoxine, vitamin B_6, is essential for:

A. treatment of pernicious anemia
B. prevention of scurvy
C. growth
D. metabolism of proteins

142. A symptom of pyridoxine deficiency is:

A. growth retardation
B. anemia
C. night blindness
D. poor teeth

143. A food source of pyridoxine is:

A. tomatoes
B. dairy products
C. brewer's yeast
D. meat, especially organ meats

144. Cobalamin, vitamin B_{12}, is essential for:

A. oxidation
B. healthy red cells
C. regulating calcium and phosphorus metabolism
D. normal clotting of blood

145. A symptom of cobalamin deficiency is:

A. stiff, aching joints
B. sore tongue
C. tendency to bruise easily
D. kidney stones

146. A food source of cobalamin is:

A. green, leafy vegetables
B. legumes
C. enriched breads and cereals
D. organ meats

147. Ascorbic acid, vitamin C, is essential for:

A. prevention of pellegra
B. oxidation
C. normal bone growth
D. healing of wounds

148. A symptom of vitamin C deficiency is:

A. scurvy
B. nausea and vomiting
C. nervous disorders
D. signs of spinal cord degeneration

149. A food source of vitamin C is:

A. organ meats
B. enriched breads and cereals
C. dairy products
D. citrus fruits

150. A function of calcium is:

A. aiding in metabolism of fats and carbohydrates
B. regulation of osmotic pressure
C. maintenance of regular contractions of the heart muscle
D. formation of hemoglobin

151. A food source of calcium is:

A. organ meats
B. table salt
C. milk and dairy products
D. whole grain and enriched cereals

152. A symptom of calcium deficiency is:

A. tetany
B. anemia
C. inflammation of lips and tongue
D. dermatitis

153. A function of phosphorus is:

A. to aid in coagulation of blood
B. to affect cell wall permeability
C. to be a constituent of calcium phosphate in bones
D. to aid in transmission of nerve impulses

154. A food source of phosphorus is:

A. iodized salt
B. green, leafy vegetables
C. milk and dairy products
D. yeast

155. A function of iron is:

A. forming part of the nucleus of every body cell
B. in the hemoglobin formation process
C. aiding in acid-base maintenance
D. aiding in coagulation of blood

156. A source of iron is:

A. nuts
B. cabbage
C. dairy products
D. organ meats, especially liver

157. A function of iodine is:

A. forming part of the nucleus of every body cell
B. maintaining acid-base balance
C. formation of thyroid hormone which regulates rate of metabolism
D. forming hemoglobin

158. A source of iodine is:

A. iodized salt
B. lean red meat
C. legumes
D. egg yolks

159. A function of sodium and potassium is:

A. aiding in coagulation of blood
B. muscle contraction and relaxation
C. aiding in metabolism of fats and carbohydrates
D. regulation of osmotic pressure

160. An example of a trace element is:

A. iron
B. zinc
C. calcium
D. phosphorus

NUTRITION
ANSWER SHEET

1. C	21. C	41. C	61. B	81. B	101. D
2. A	22. B	42. C	62. D	82. A	102. B
3. B	23. A	43. A	63. A	83. D	103. D
4. C	24. A	44. C	64. C	84. B	104. D
5. A	25. A	45. A	65. B	85. C	105. D
6. D	26. D	46. A	66. C	86. B	106. B
7. D	27. A	47. A	67. D	87. B	107. C
8. D	28. D	48. C	68. D	88. C	108. A
9. D	29. A	49. D	69. A	89. C	109. C
10. B	30. B	50. D	70. D	90. D	110. B
11. C	31. D	51. D	71. B	91. A	111. A
12. D	32. A	52. B	72. C	92. D	112. C
13. A	33. B	53. B	73. B	93. B	113. B
14. C	34. C	54. A	74. B	94. C	114. A
15. A	35. D	55. A	7_ D	95. A	115. B
16. B	36. A	56. D	76. D	96. B	116. C
17. A	37. D	57. B	77. B	97. B	117. D
18. A	38. B	58. B	78. A	98. B	118. D
19. A	39. B	59. C	79. B	99. C	119. B
20. A	40. C	60. A	80. B	100. A	120. A

121.	D	141.	D
122.	A	142.	B
123.	C	143.	D
124.	B	144.	B
125.	D	145.	B
126.	A	146.	D
127.	D	147.	D
128.	C	148.	A
129.	B	149.	D
130.	D	150.	C
131.	A	151.	C
132.	C	152.	A
133.	A	153.	C
134.	B	154.	C
135.	B	155.	B
136.	A	156.	D
137.	D	157.	C
138.	D	158.	A
139.	A	159.	B
140.	C	160.	B